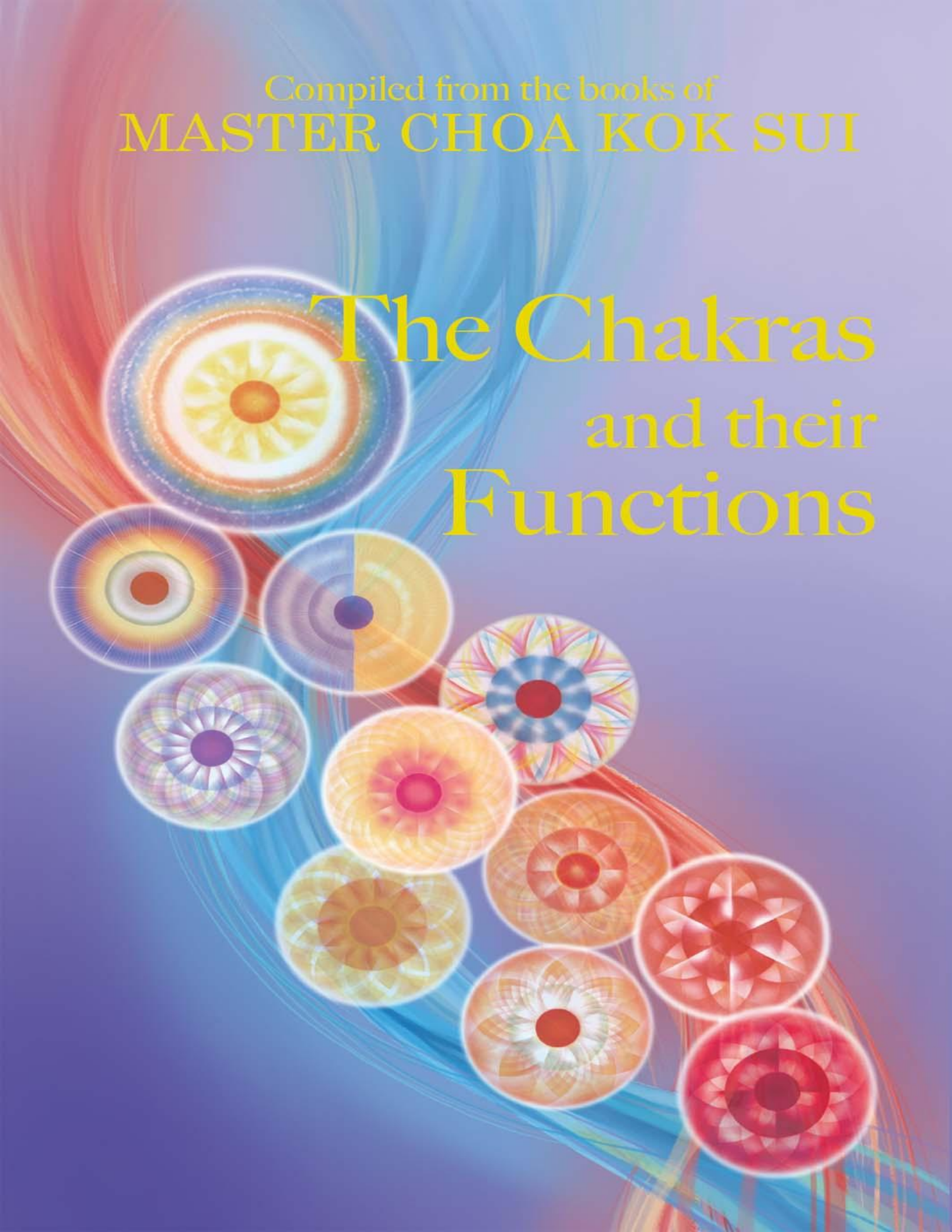
Compiled from the books of

MASTER CHOA KOK SUI

The Chakras and their Functions



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Master Choa Kok Sui

THE CHAKRAS
AND THEIR
FUNCTIONS

INSTITUTE FOR INNER STUDIES
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The 11 major chakras interconnected with the flow of life energy in the front and back meridians.

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Miracles Through Pranic Healing

Advanced Pranic Healing

Pranic Psychotherapy

Pranic Crystal Healing

Practical Psychic Self-Defense for Home and Office

Achieving Oneness with the Higher Soul

Universal and Kabbalistic Chakra Meditation on The Lord's Prayer

The Spiritual Essence of Man

The Chakras and the Inverted Tree of Life

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Publisher's Note

This book is a compilation on the chakras and their functions from the different books of Master Choa Kok Sui for the convenience of the readers.

It is also similar to The Spiritual Essence of Man by Master Choa Kok Sui without the Kabbalistic part for readers who are not interested in the Kabbalah.

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DEDICATION

To the Great Spiritual Teacher

Lord Mahaguruji Mei Ling
also known as Lord Buddha Padmasambhava,
Chohan Jig Mei Ling
and most especially to our Sat Guru
Master Choa Kok Sui.
May the spiritual teachings
in this book benefit and illuminate
all the people of the world.

INTRODUCTION

In the various books of Master Choa Kok Sui, he would include discussions on the chakras and their contribution to spiritual growth and development. This book provides the reader a convenient reference for Pranic Healers, Arhatic Yoga practitioners and other energy healers, including individuals interested in learning more about the chakras and their functions.

This compilation is primarily based on the author's book titled, *The Spiritual Essence of Man, The Chakras and the Inverted Tree of Life* but without the Kabbalistic terms. Other sources used for this compilation include: 1. Extracts from the author's other books:

- *Miracles Through Pranic Healing*
- *Advanced Pranic Healing*
- *Pranic Psychotherapy*
- *Pranic Crystal Healing*
- *Practical Psychic Self-Defense for Home & Office*
- *Achieving Oneness with the Higher Soul (formerly titled Meditations for Soul Realization)*
- *Universal and Kabbalistic Chakra Meditation on the Lord's Prayer*
- *The Spiritual Essence of Man*
- *Om Mani Padme Hum 3rd Edition*
- *Superbrain Yoga*
- *The Origin of Modern Pranic Healing and Arhatic Yoga 2nd Edition*
- *The Existence of God is Self-Evident 2nd Edition*
- *Experiencing Being*
- *Compassionate Objectivity*
- *Creative Transformation*
- *Beyond the Mind*

Readers are encouraged to read the books of Master Choa Kok Sui for more information and knowledge on entries made here.

This compilation serves as a companion guide for the reader, contributing to a more holistic approach in the practice of the spiritual teachings.[1]

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CHAPTER 1

The Subtle Bodies and Chakras

Different Subtle Bodies and Auras
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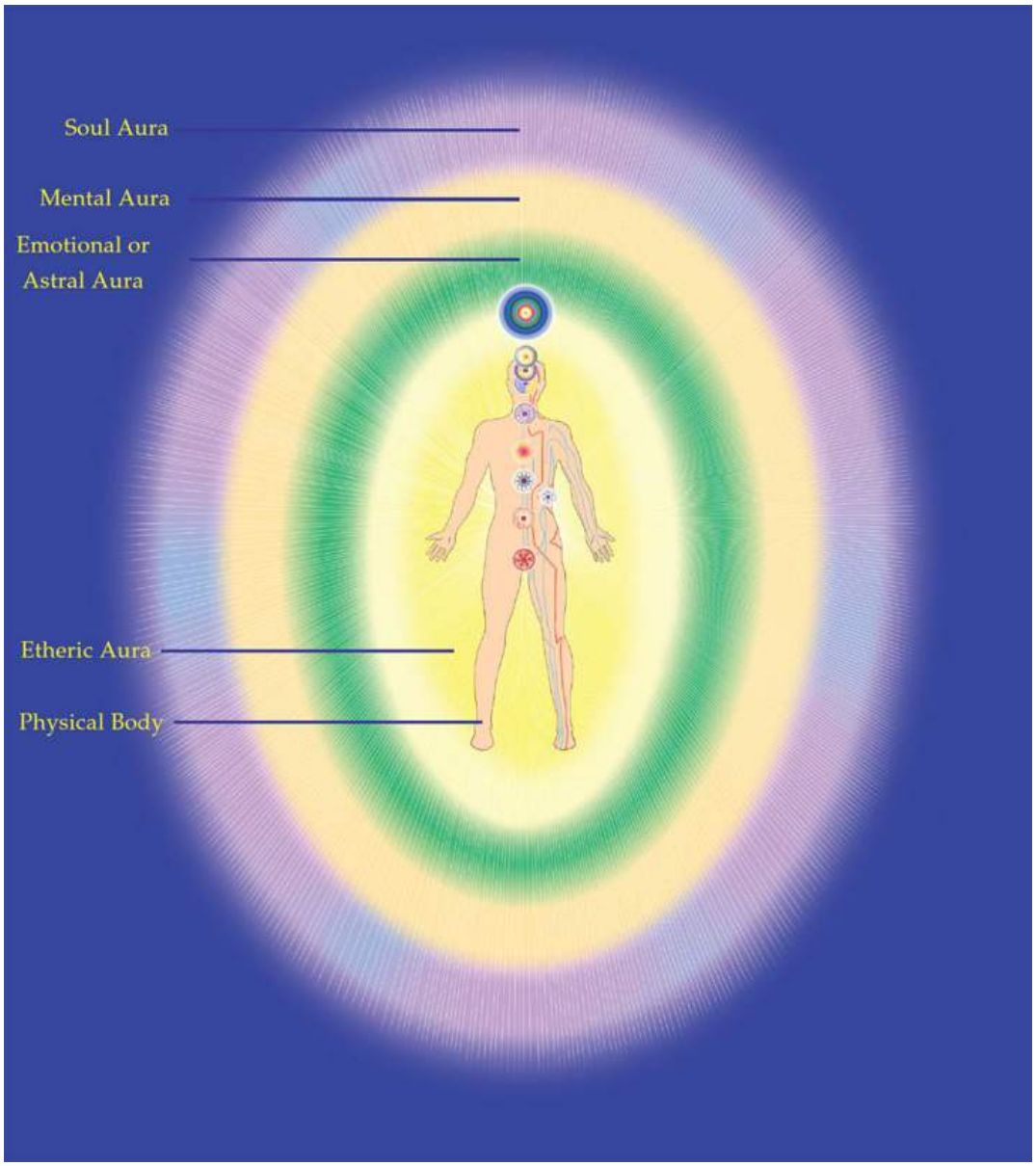

Fig. 1-1 The different subtle bodies and their auras

DIFFERENT SUBTLE BODIES AND AURAS

What is an aura? An aura is an energy field that surrounds the body. According to ancient teachings, there are different types of auras depending on the different types of subtle bodies. *(See Fig. 1-1 The different subtle bodies and auras)* 1. First, you have the physical body.

2. Next to the physical body is the energy body which is called the etheric or bioplasmic body. The energy body interpenetrates and goes beyond the physical body. It is the medium used to vitalize or energize the physical body. It is the pattern for the physical body and has an aura called the etheric aura.
3. You also have an emotional or astral body. Its aura is known as the emotional or astral aura. When the physical body dies, the soul continues to live using the astral body. The astral body is more subtle than the etheric body.[1] Why is this subtle body called the emotional body? Because through this subtle body, a person is able to experience intense emotions ranging from anger, irritation, fear, love, sweetness and others.[2] The specialization of the emotional body is that of feeling.[3] With the use of the emotional body, two lovers in the inner world can unite in intense divine ecstasy. The emotional body is also called the astral body because it is made of light; it looks like starry light.[4]
4. Next to the astral body is the mental body. It is the vehicle for the mind or the intellect. It is finer than the astral body and has an aura called the mental aura.[5] Why is this subtle body called the mental body? Because in this subtle vehicle, knowledge or data equivalent to a book or several books can be symbolically tossed from one person to another person almost instantly. In this vehicle, the learning process and communication are accelerated at mind-boggling speed. This vehicle is capable of feeling and doing other functions, but its main specialization is receiving, processing, and sending information.[6] There are more subtle bodies.[7]
5. The body is within the soul. The soul is predominantly located in the 12th chakra. From the 12th chakra it radiates outward, forming the “soul aura.” The physical body, energy body, astral body and lower mental body are all inside the incarnated soul. Therefore, it would be accurate to define a person as a soul with a physical body, rather than a physical body with a

soul. To express this more accurately, a person is a soul with a physical body and other subtle bodies.[8]

6. The Infinite Light comes from the higher soul. This is why the higher soul is called *The Infinite Source*. The higher soul resides in a vehicle that is called in theosophy as the *causal body*. According to inner teachings, and also to Earlyne Chaney,[2] a great disciple, the development of the causal body is the preoccupation of "Freemasons" - the building of the great spiritual structure. This structure is not really a physical structure but an inner structure. The old true Freemasons were involved not only in building physical structures like the old cathedrals of Europe, but also in building the great spiritual structure within them, the causal body which houses the higher soul.[9]

THE ENERGY BODY

The word *"bioplasmic"* comes from *bio,* which means life and *plasma,*[3] which is the fourth state of matter. The first three states of matter being solid, liquid, and gas. Plasma is ionized gas or gas particles with positive or negative charge. This is not the same as blood plasma. Bioplasmic body means a living energy body made up of invisible subtle matter. *To simplify the terminology, the term "energy body" will be used to replace the word "bioplasmic body."*[10] Clairvoyants, with the use of their psychic faculties, have observed that the physical body is surrounded and interpenetrated by a luminous energy body. Just like the visible physical body, it has a head, two eyes, two arms, etc. In other words, the energy body looks like the visible physical body. This is why clairvoyants call it the *etheric double* or *etheric body*. The energy body is called the *bioplasmic body* by Russian scientists.[11]

The energy body interpenetrates the visible physical body and extends beyond it by four to five inches. This invisible luminous energy field which follows the contour of the visible physical body is called the inner aura.[12]

THE FUNCTIONS OF THE ENERGY BODY

1. It absorbs, distributes, and energizes the whole physical body with prana or *ki*. Prana or *ki* is that life energy which nourishes the whole body so that it could, together with its different organs, function properly and normally. Without energy, the body would die.
2. It acts as a mold or pattern for the visible physical body. This allows the visible physical body to maintain its shape, form and feature despite years of continuous metabolism. To be more exact, the visible physical body is molded after the energy body. If the energy body is defective, then the visible physical body is defective. They are so closely related that what affects one affects the other. If one gets sick, the other also gets sick. If one gets healed, the other also gets healed. This may manifest gradually or almost instantaneously, assuming there are no interfering factors.
3. The energy body, through energy centers or the chakras, controls and is responsible for the proper functioning of the whole physical body and its different parts and organs. This includes the endocrine glands, which are the physical manifestations of some of the major energy centers. A lot of sicknesses are caused partially by the malfunctioning of one or more energy centers.
4. The energy body, through its health rays and health aura, serves as a protective shield against germs and diseased energy. Diseased energy, used-up energy, toxins, wastes, and germs are expelled by the health rays predominantly via the pores; thereby purifying the whole physical body.[13]

MAJOR CHAKRAS OR ENERGY CENTERS

Major Chakras or *Energy Centers* are actually major acupuncture points. Chakras are very important parts of the energy body.[14] The major chakras not only control and energize the vital organs of the body but also control and affect a person's *psychological* and *spiritual conditions*.[15] Just as the visible physical body has vital and minor organs, the energy body has *major*, *minor* and *mini chakras*.[16]

Each major chakra has a subchakra or several subchakras. This subchakra is called a minor chakra. Each subchakra may have a sub-subchakra, called a minichakra. For example, the basic major chakra has many subchakras in the arms and legs. These are the minor chakras found in the arms and legs. The hand minor chakra which is a subchakra of the basic chakra, has sub-

subchakras which are the minichakras found on the fingertips and on the joints of the fingers. Those found on the fingertips are called finger minichakras. The human energy body is filled with big and small chakras or vortices of energy. These vortices of energy also correspond to acupuncture points.[17] *(See Fig. 1-2 Major chakras and acupuncture meridians)*

Chakras are energy vortices which have *physical*, *psychological*, and *spiritual functions.*[18]

The average size of the major chakras varies depending upon the evolutionary development of the person.

Degree of Evolutionary Development	**Sizes in Diameter**
Mentally Retarded	- two inches or less
Below average	- about two and half inches
Average or masses	- about three or four inches
Intelligentsia	- about four or five inches
Superior	- about six inches or more
Advanced yogis or Saints	- about eighteen inches or more
Superpersons	- two meters or more

Being a clairvoyant or psychic does not necessarily mean that the person is quite developed or has big chakras. As a matter of fact, some ordinary clairvoyants are quite emotional, and the average sizes of major chakras are about four to five inches only.

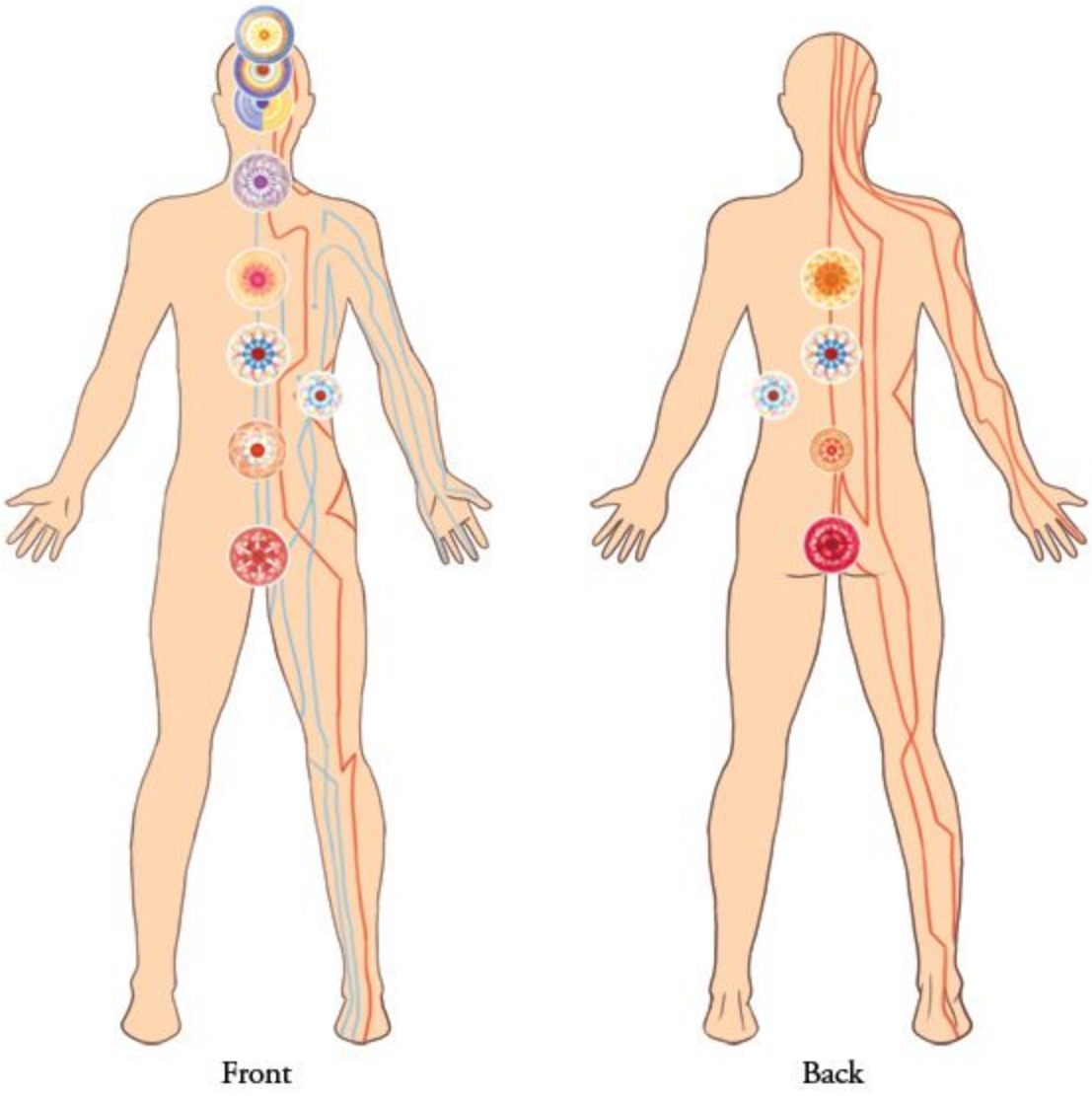

Fig. 1-2 Major chakras and acupuncture meridians

Major chakras or energy centers are actually major acupuncture points

Being a yogi or being on the spiritual path for more than ten or twenty years does not necessarily mean that the person is quite developed. As a matter of fact, the author has encountered some so called “yogis” or “spiritual practitioners” where the average size of major chakras is only about four to five inches in diameter. With no offense intended, these people have so much pride and suffer from delusion of spiritual superiority. They behave as though they know so much and are quite spiritually developed. They are just fooling themselves. Their esoteric knowledge is superficial and contaminated with so much superstitious nonsense. Their spiritual cord or antahkarana may be only hairlike, and not even measuring an inch. Based on spiritual or yogic standard, they are only in nursery.

There are several spiritual or yogic systems of activating the chakras and awakening the kundalini. Arhatic Meditation is one of the systems that systematically, safely and rapidly activates the chakras and awakens the kundalini.[19]

The word transformer can be understood in two senses. Transformers are for *stepping up or stepping down electrical voltages*. Before electrical power reaches your house, it has to go through a series of step down transformers. By the time it reaches your house, the voltage has been stepped down to 220 volts or 110 volts.[20]

The human whirling energy centers or chakras are energy transformers wherein a certain form of energy is transformed into another form of energy. From the crown energy center to the basic energy center; spiritual energy is stepped down, modified, transformed and physicalized.

From the basic energy center to the crown energy center; subtle energy is being stepped up, modified, transformed and spiritualized.[21]

Spiritual energy transformers are capable of stepping down or stepping up the energy. Spiritual energy transformers also qualify, modify or transform the energy passing through them.[22]

In general, the moons, the planets, the suns and stars, the galaxies, the universes and the maxiuniverse are celestial whirling energy centers or celestial chakras.[4] They are spiritual energy transformers.[23]

Principle of Energy Transformer. The world consists of a *series of spiritual energy transformers*. The planet Earth is an energy transformer, the sun is an energy transformer, the constellation and galaxy are energy transformers.[24]

During meditation, when the consciousness of the meditator just expands *slightly*, when he sees the solar system he does not see planets revolving around the sun. He[5] sees luminous lotus flowers revolving around the sun.[25]

Interpenetrating the physical planet is an "energy planet" which is rotating alternately clockwise and counterclockwise. The interaction of the subtle energy moving in clockwise and counterclockwise motion produces an optical image of a planetary luminous lotus flower rotating around the sun. The "energy planets" are celestial whirling energy centers.[26]

The planetary luminous lotus flower is actually double sided. One luminous lotus flower is facing the top and the other is facing the bottom, but the two of them are connected and joined as one.[27]

For more information about the practical application of chakras as energy transformers please read the *Superbrain Yoga* book by the author.

Based on the research of Dr. Joie P. Jones, Department of Radiological Sciences, University of California Irvine, California: The acupuncture points are made up of two parts: *the upper part and lower part*. These two parts are constantly moving in opposite directions. When the upper part is moving clockwise, the lower part is moving counter clockwise and this motion alternates from clockwise to counter clockwise. *(See Fig 1-3/3a. The rotation of the inner and outer layers of a chakra.)* He called this the "twisting motion." *(See Fig. 1-4 Chakral movement of energy)* The major acupuncture points in the Indian tradition are called *chakras*, which means *whirling energy centers*.

Major chakras, in general, are about three to four inches in diameter. They control and energize the major and vital organs of the visible physical body. Major chakras are just like power stations that supply life energy to major and vital organs of the visible physical body.

When the power stations malfunction, the vital organs become sick or diseased because they do not have enough life energy to operate properly!

Minor chakras are about one to two inches in diameter. Mini chakras are smaller than one inch in diameter. Minor and mini chakras control and energize the less important parts of the visible physical body. The chakras interpenetrate and extend beyond the visible physical body.[28]

PARTS OF THE CHAKRA

1. *Petals*. The appearance of the chakra is dependent upon its speed of rotation. Under normal conditions, the rapid clockwise and counterclockwise rotations produce an optical effect making the chakra look like a lotus flower with many pointed petals. The pointed petals are “optically produced” by the combined motions of pranic energy moving clockwise and counterclockwise. This is why in ancient Tibetan, Chinese and Sanskrit books on yoga, the chakras are usually presented as lotus flowers with many pointed petals. When a chakra is deliberately slowed down, the actual shape and number of petals can be seen clearly. The shape of the petals of a chakra is round. This is why the petals of the chakras described by Leadbeater are round, not pointed. When the chakra is moving very rapidly, the chakra bulges out or becomes quite thick. When it is rotating at an extremely rapid rate, the chakra appears as a dazzling point of light.[29]

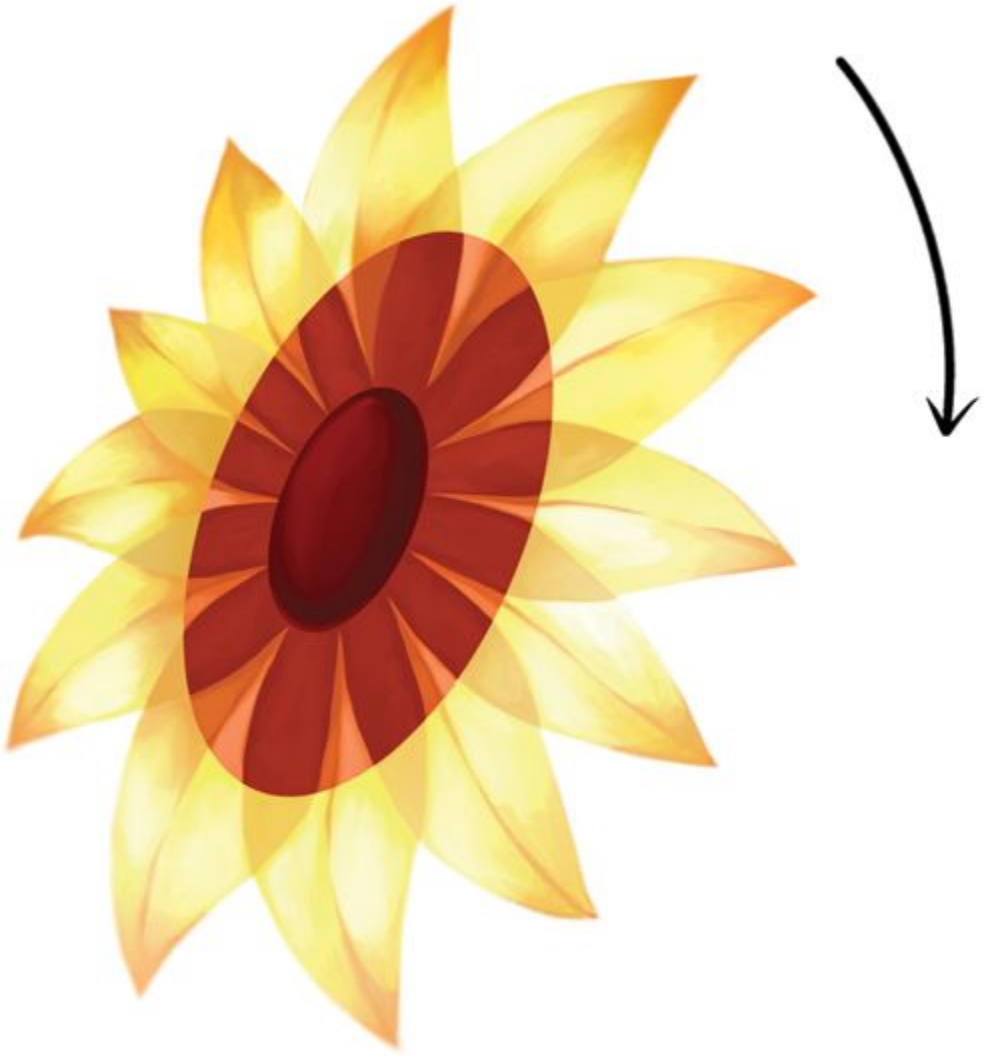

Fig. 1-3

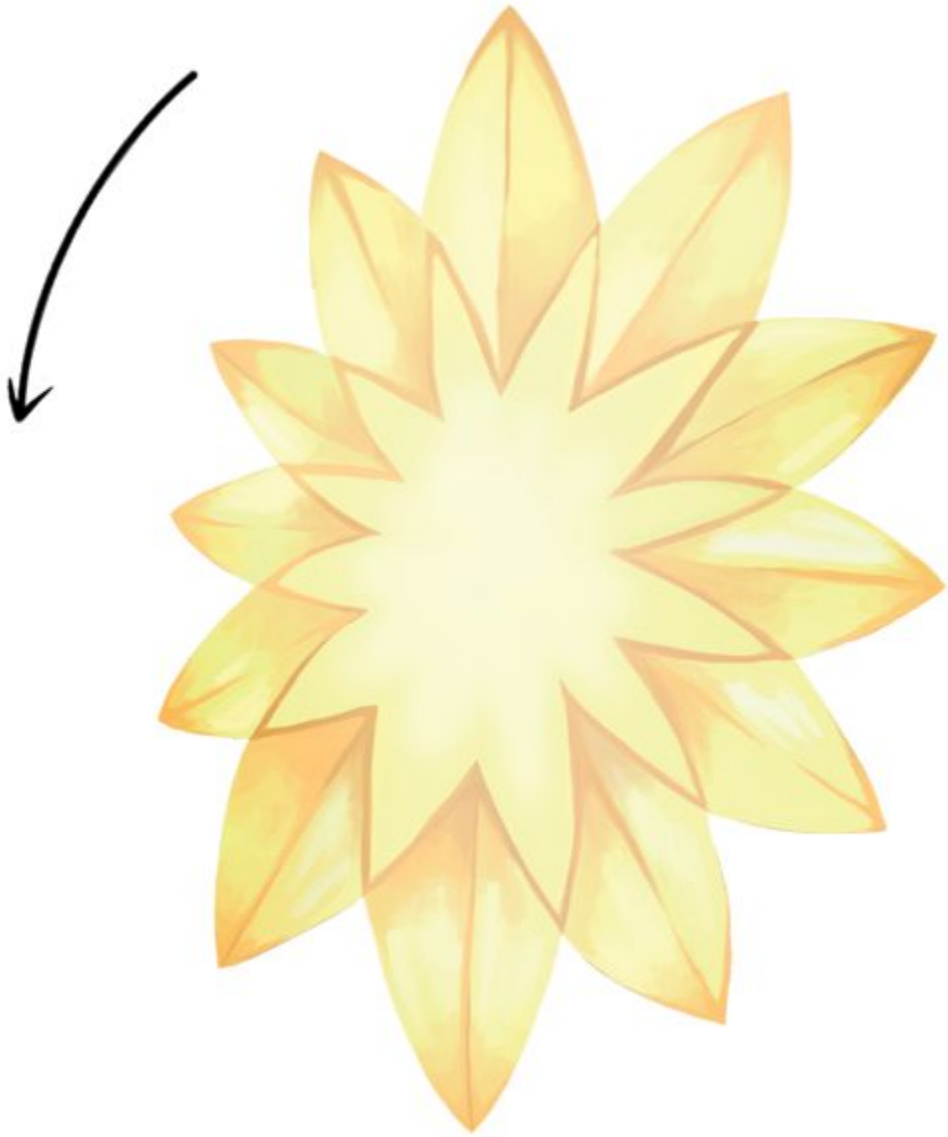

Fig. 1-3a The rotation of the inner and outer layers of a chakra

The inner and outer layers of the chakra rotates in opposite directions alternately as pranic energy enters. When a chakra is deliberately slowed down, the actual round shape and number of petals can be seen clearly. Shown here is the heart chakra.

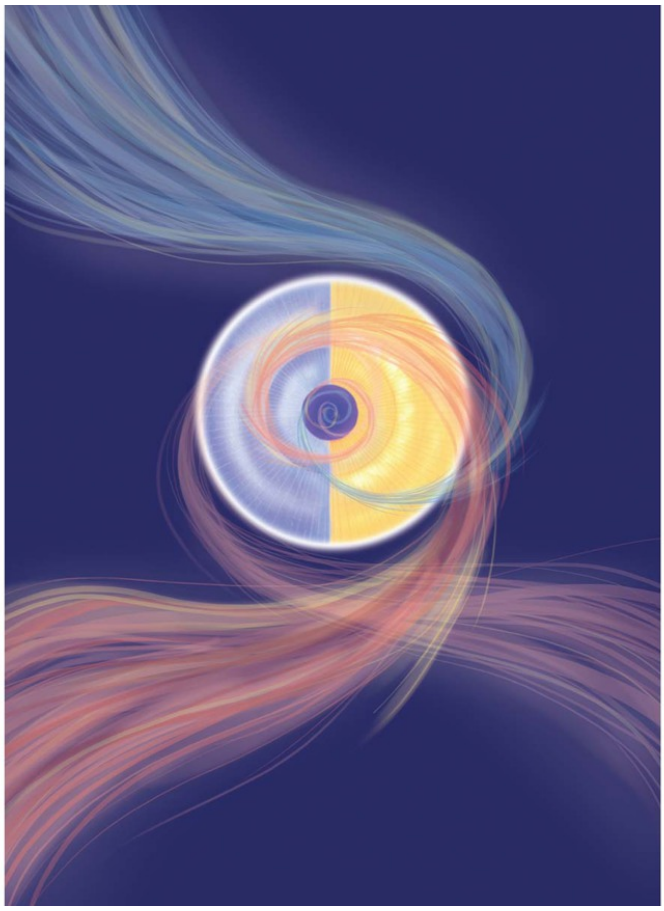

Fig. 1-4 Chakral energy movement

The upper part and the lower part are constantly moving in opposite directions - clockwise and counterclockwise alternately

2. *Protective web*. Located at the back of the chakra near the surface of the body is an "energy web." *(See Fig. 1-5 Parts of a chakra)* It is slightly smaller than the chakra by about one inch in diameter. This energy web is called etheric web or protective web because it acts as a filter to protect the person from negative external influences.[30]

When a person harbors negative thoughts or feelings or has negative habits, the protective webs become cracked or punctured after a prolonged period of time. Since the person is filled with negative thoughts and emotions, he also attracts negative entities which enter through the holes or cracks in the protective webs. This will make him do terrible things that he would not normally do.[31]

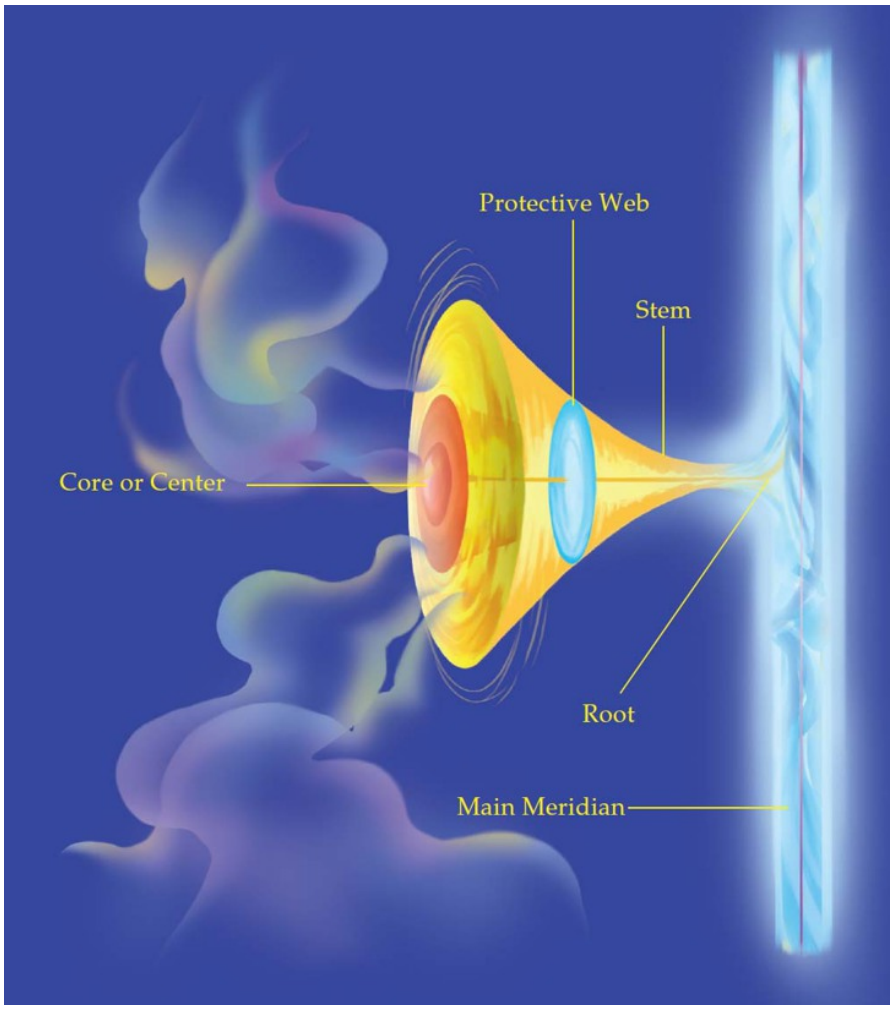

Fig. 1-5 Parts of a chakra

If the psychological ailment is not very severe, then some of the protective webs are just cracked. In more serious cases, some protective webs are punctured and have big holes. This makes the patient susceptible to "psychic disturbances" or "intrusions" from negative energy entities or elementals. In Christian terms, these are called "bad spirits." The author prefers not to use the word "demon" because it is too harsh and does not give an accurate picture or impression on the nature of the problem. In the Holy Bible, there are many cases of patients with severe psychological ailments which were healed by exorcism or removal of negative elementals.[32]

When you are healing, the elementals cannot enter your body since you have protective webs. Therefore, there is no danger of contamination from the elementals. Besides, the protective web is made in such a way that, if there are any psychic intruders, it becomes automatically stronger and impenetrable.[33]

The difference between a clairvoyant and a "crazy" person is that with a clairvoyant, the etheric web or protective web is quite thin and can easily be opened when the clairvoyant faculty is being used, and closed when it is not being used. It can be opened and closed subconsciously or intentionally. In other words, the etheric web is just like a shutter that can be opened or closed at will by the clairvoyant. He has substantial mastery over his emotions, especially fear, and can see angels, fairies, and negative elementals without becoming psychologically imbalanced. A crazy person, on the other hand, has punctured protective webs and cannot close the holes at will. The protective webs are damaged and become open permanently, thereby making him susceptible to attacks from negative entities. He is constantly influenced, bothered or tormented by negative thought entities, negative elementals, and negative disincarnate spirits. He sees ugly and scary things or hears ugly voices.

These cracks or holes are caused by negative thinking, feeling and habits. Hallucinogenic chemicals burn up part of the protective web. The protective webs of a person who takes hallucinogenic drugs like LSD or other harmful mood-altering drugs are destroyed and the person becomes psychologically imbalanced. When a person with no spiritual training uses a hallucinogenic substance or chemical, he is likely to have quite an unpleasant experience.

When a person is intensely angry, the protective webs of the solar plexus chakra, the ajna chakra and sometimes the crown chakra are ruptured.

Intense anger attracts negative elementals of a very violent nature. They attach themselves to the angry person through the ruptured protective webs. The angry person then becomes temporarily “possessed” or “insane” and does terrible things that he will not normally do. How long these negative elementals will attach themselves to a person *depends on the nature of the person*. If he is the type who gets intensely angry quite often, then the “insanity” could become relatively permanent. These negative elementals feed on anger or need angry energy to survive and, therefore, will regularly incite or stimulate the person to anger.[34]

3. *Chakral core or center.*
4. *Stem*.
5. *Root of the chakra.*[35]

Chakras have several important functions.

1. They absorb, digest, and distribute prana to the different parts of the body.
2. The chakras control, energize and are responsible for the proper functioning of the whole physical body and its different parts and organs. The endocrine glands are controlled and energized by some of the major chakras. The endocrine glands can be stimulated or inhibited by controlling or manipulating the major chakras. A lot of ailments are caused partially by the malfunctioning of the chakras.
3. Some chakras are sites or centers of psychic faculties. Activation of certain chakras, may result in the development of certain psychic faculties.

There is some degree of controversy as to whether there are seven chakras or more. Some ancient Indian books mentioned seven chakras. Some modern authors also have written about seven chakras. Master Choa Kok Sui has taught that there are 11 major chakras. Which is correct? Actually, both are correct, because in these ancient books, they have never mentioned that there are *only* seven chakras. The key word is *only.* The problem is that the students or readers assume that there are *only* seven chakras. This is an assumption without any basis.

In the *Bhagavad Gita*, Lord Krishna mentions about the city with nine gates. These correspond to the nine major chakra system. The *Upanishads* mentions about a city with 11 gates. These correspond to the 11 major chakra system. The kabbalistic system has 10 energy centers plus one hidden center: a total of 11. The student must remember that truth is dynamic, not static. This is the basis behind progress. One must be ready to discard lower truth for higher truth.[36]

According to Master Choa Kok Sui, the Internal Medical Chi Kung School and the External Medical Chi Kung School are actually two sides of the same coin.[37]

The External Medical Chi Kung as taught by Master Choa Kok Sui is very revolutionary. It is easy to learn and practice. It also uses acupuncture points, but not the ordinary acupuncture points. It uses 11 major acupuncture points called *ta xue lun* (ta is translated as "big"; xue as "acupuncture point"; and lun, "spinning wheel"). It also uses semi-major acupuncture points called *xiao xue lun* (xiao is translated as "small").

Since the students of External Medical Chi Kung do not have to learn hundreds of acupuncture points, but rather, has to learn only a few major and semi-major acupuncture points, learning is faster and easier.

In ancient times there had been great scientific and cultural exchanges between China and India. In India, External Medical Chi Kung is *now* called Pranic Healing. The major acupuncture points are called chakras, and the semi-major acupuncture points are called minor chakras. Master Choa Kok Sui has taught the External Medical Chi Kung School of Healing to the West and to other parts of the world, under the name Pranic Healing. Pranic Healing in its existing form has been painstakingly, systematically, and scientifically developed, revealed, and taught globally by Master Choa Kok Sui. Hundreds of thousands of students have learned to do Pranic Healing, and millions of patients have been healed or relieved.[38]

How many major chakras are there? Are there seven or more than seven energy centers? The answer is, Truth is dynamic. There are several levels of truth.

The first level of truth was revealed to a limited number of people in ancient times, that there are seven energy centers or seven chakras.

(See Fig. 1-6 The location of the 11 major chakras...)

1. Crown chakra is located at the crown of the head[39] - GV20.[6] It controls and energizes the pineal gland.[40]
2. Ajna chakra is located at the area between the eyebrows[41] - M-HN3 (Yin Tang). It controls and energizes the pituitary gland.[42]
3. Throat chakra is located at the center of the throat[43] - CV23[7] is located in the throat area. It controls and energizes the thyroid gland.[44]
4. The front heart chakra is located at the center of the chest.[45] - CV17[46] The back heart chakra is located at the back of the heart.[47] - GV11. It controls and energizes the thymus gland.[48]
5. The front solar plexus chakra is located at the hollow area between the ribs[49] - CV15.[50] The back solar plexus chakra is located at the back of the solar plexus area[51] - GV9. It controls and energizes the pancreas.[52]
6. Sex chakra is located at the pubic area[53] - CV2. It controls and energizes the gonads.[54]
7. Basic chakra is located at the base of the spine or coccyx area[55] - GV1. It controls and energizes the adrenal glands.

The second level of truth is that there are nine chakras. *In the Bhagavad Gita 5:13, the Lord Krishna mentioned about a city with nine gates - "...Remains blissfully in the bodily city of nine gates..."* These nine gates are actually chakras where pranic energy can go in and out.

The other two chakras are the *Spleen Chakra* and the *Navel Chakra*.[56]

8. The front spleen chakra is located at the middle part of the left bottom rib. The back spleen chakra is located behind the front spleen chakra.[57] - SP 16. The back spleen chakra does not have a corresponding known acupuncture point. It controls and energizes the spleen.[58]
9. Navel chakra is located at the navel.[59] - CV8. It controls and energizes the small and large intestines and appendix.[60]

The third level of truth is that there are eleven chakras. In the Inverted Tree of Life there are 10 chakras or Sephiroth and one hidden, a total of 11 chakras. *This is why according to the Katha Upanishad, Stanza 5, there is a city with 11 gates, which corresponds to the 11 major chakras - "...by ruling over the city of 11 gates..."*

The other two chakras revealed are the *Meng Mein Chakra* and the *Forehead Chakra*.[60]

10. Meng mein chakra is located approximately at the back of the navel[61] - GV4. It controls and energizes the kidneys and also the adrenal glands.[62]
11. Forehead chakra is located at the center of the forehead[63] - GV24. It controls and energizes the nervous system and also the pineal gland.

Master Choa Kok Sui first publicly revealed the secret of the 11 major chakras in 1987 in his book, *The Ancient Science and Art of Pranic Healing*, now retitled as *Miracles Through Pranic Healing*, and also in his other books.

Are there more than 11 chakras? The answer is yes. The fourth level of truth is that there are 12 chakras. The 12th Chakra was first publicly revealed in 2000 in his book *Meditations for Soul Realization* and now retitled *Achieving Oneness With The Higher Soul*.[64]

The 12th Chakra is located 12 inches above the head.[65] *(See Fig. 1-6 The location of the 11 major chakras and the twelfth chakra along the central meridian)*

The 12th Chakra will be discussed further in Chapter 13.

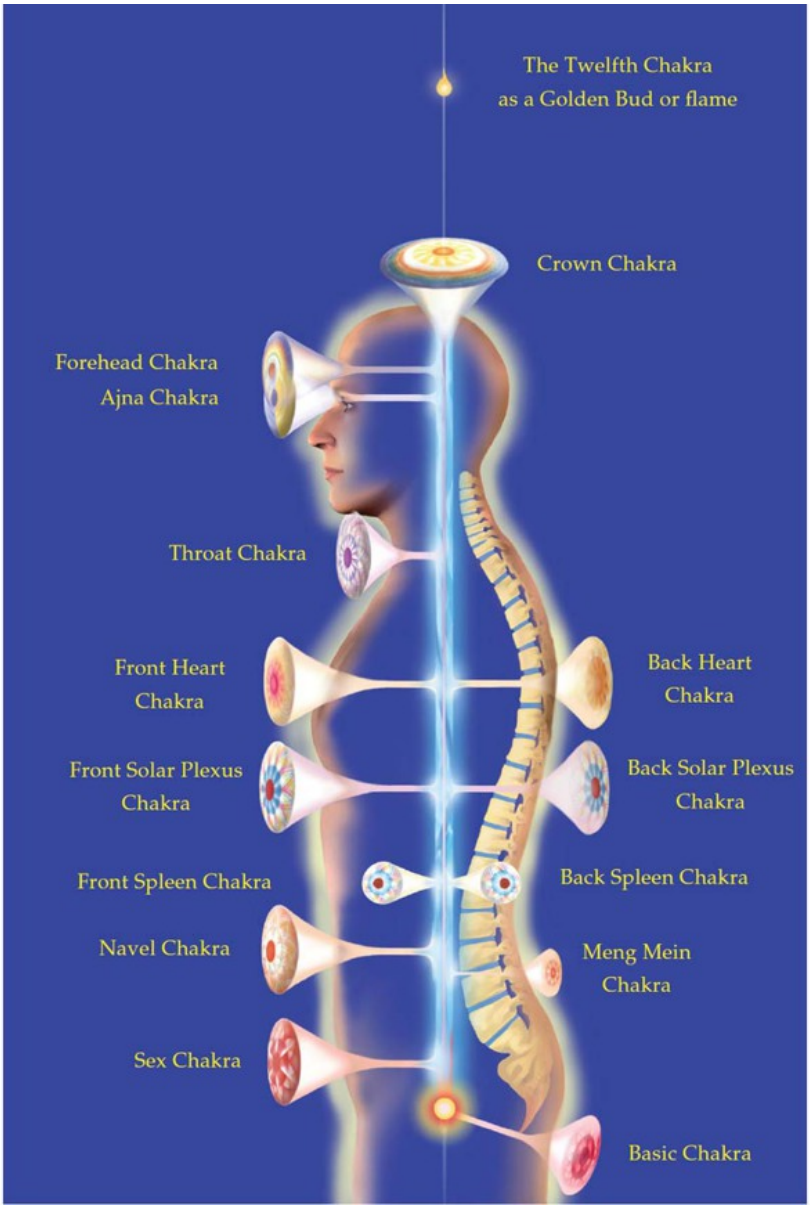

Fig. 1-6 The location of the 11 major chakras and the twelfth chakra along the central meridian.

CHAPTER 2

The Basic Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Basic Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Basic Chakra

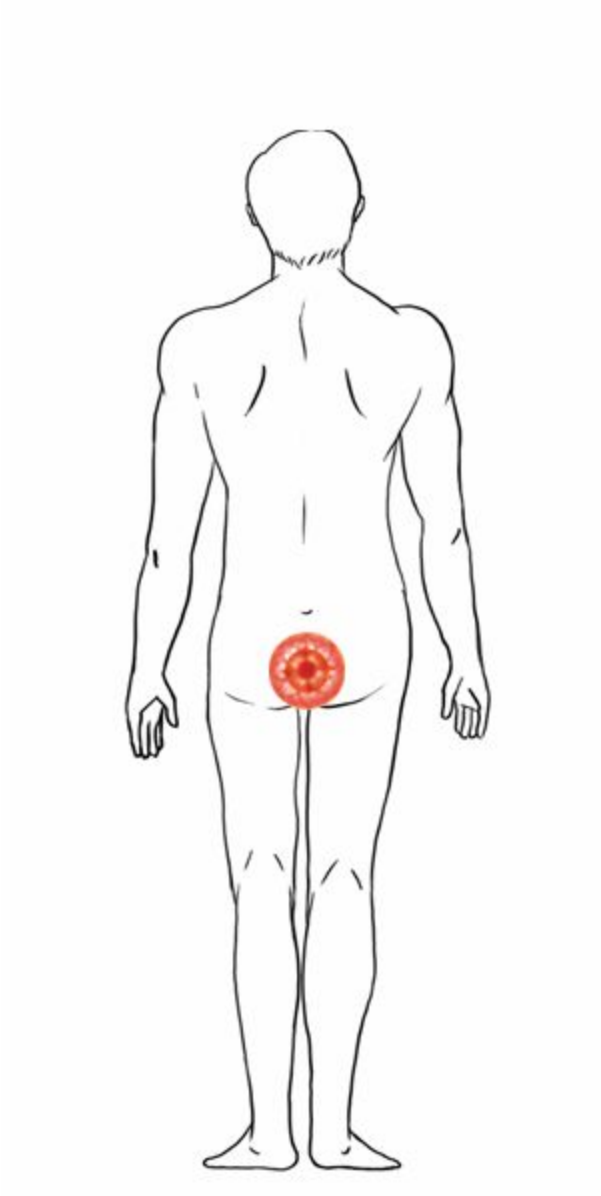

Fig. 2-1 Basic Chakra

LOCATION

The *basic chakra* is located at the base of the spine or coccyx area.[1]

Fig. 2-2 Basic Chakra.

DESCRIPTION

The basic chakra has four petals and contains red and orange pranas. It also contains a very minute amount of unnoticeable yellow prana.[2]

SPIRITUAL FUNCTIONS

Located near the base of the spine is the *kundalini* energy.[3]

The Kundalini energy is the energy that is responsible for the manifestation of matter. Without it, the physical body as well as the physical universe cannot exist.[4]

Without the awakening of the Kundalini energy, spiritual development is not possible. Whether the spiritual practitioner is aware of the existence of the Kundalini energy or not is not relevant. When a person goes into the spiritual path, the Kundalini energy gets partially awakened.[5]

The *Kundalini* energy is called by many names: the "serpent fire," "fiery serpent" or the "sacred fire." From this, it is possible to understand John the Baptist's statement (*Matthew* 3:11, *Oxford Bible*), "I baptize you with water . . . but one who is more powerful than I is coming after me. . . He will baptize you with the Holy Spirit and fire." The Holy Spirit symbolizes the divine energy that is coming down. The fire symbolizes the fiery serpent located near the base of the spine. It is through divine energy that the dormant, yet powerful, *Kundalini* energy is awakened. However, it is not a matter of whether it is awakened or not, but rather the degree of awakening.[6]

What is the use of the Kundalini energy in spiritual practice? The Kundalini energy enables the brain cells to register spiritual or "higher" experiences and stimuli.

The quality of the physical body, especially the brain and the nervous system, is improved or upgraded. After a certain period of time, a person whose Kundalini is highly awakened may become a genius, a great charismatic leader or a great spiritual teacher.[7]

PSYCHOLOGICAL FUNCTIONS

The basic chakra is the center of self-preservation or instinct of self-survival.[8]

The practice of one's profession involves survival.[9] The basic chakra is not only the center of self-survival, but it is also the center of dynamic

activities. A dynamic executive or somebody who is successful in business tends to have a highly activated and energized basic chakra. A person with a small and depleted basic chakra has a tendency to make plans, but not to implement them. He also tends to procrastinate or keep things on hold. The basic chakra needs to be treated because it is the chakra of action.[10]

PHYSIOLOGICAL FUNCTIONS

The basic chakra controls and energizes the muscular and skeletal system. It also energizes and strengthens the whole physical body.[11] The red prana from the basic chakra is used for energizing and strengthening the entire visible physical body.[12] *(See Fig. 2-3 The basic chakra.)*

The basic chakra controls and energizes the bone marrow; therefore, it affects the production of the blood and the quality of the blood produced.[13]

The heart is basically made up of muscles. The basic chakra, which controls and energizes the muscular system, also affects the physical heart.[14]

Part of the transmuted basic energy is required for the proper functioning of the brain and the chakras of the head.[15] If the basic chakra is too overactivated, the condition may manifest as hyperactivity, restlessness or insomnia.[16] Hyperactive children have overactivated basic chakras. People with insomnia have overactivated basic chakras.[17]

Persons with highly activated basic chakras tend to be robust and healthy, while those with less active basic chakras tend to be fragile and weak.[18] Elderly people usually have depleted or very depleted basic chakras. This is why their bodies are weak and become smaller; their spines tend to curve; the healing of wounds and broken bones tend to be slow; and they tend to develop arthritis. *A healthy basic chakra is a critical factor in one's youthfulness and health*.[19]

Fig. 2-3 The basic chakra

The basic chakra controls and energizes the muscular and skeletal system. It also energizes and strengthens the whole physical body.

The basic chakra is like the root of a tree. If the root is weak, the tree is weak. Similarly, if the basic chakra is weak, the body is also very weak. Another term for the basic chakra is "root chakra."[20]

The sole minor chakras and the basic chakra are the major entry points for ground pranic energy.[21]

In summary, the basic chakra controls, energizes and strengthens the whole visible physical body:[22]

a) the muscular and skeletal systems
b) the spine
c) production and quality of the blood
d) the adrenal glands
e) the tissues of the body and the internal organs
f) growth rate of cells
g) growth rate of children
h) general vitality
i) body heat
j) also affects the heart and the sex organs[23]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING BASIC CHAKRA

Patients with severe heart ailments have malfunctioning basic chakras.[24]

Persons who are depressed or those with suicidal inclinations have depleted and underactivated basic chakras.[25] To prevent a person from committing suicide, activate the basic chakra. If the basic chakra is big and strong, committing suicide is almost impossible since this chakra is the center of self-preservation or the instinct of self-survival.[26]

Some people with underactive and depleted basic chakra tend to be sluggish, impractical and unrealistic. In some severe cases, they tend to be completely out of touch with physical reality.[27]

If a person has problems in finding a job, in work performance, or in business, the basic chakra should be treated.[28] Persons who, in spite of their qualifications and their relatively good health, have difficulty in getting a job, have partially depleted and underactivated basic chakras.

There was a man who, at one point in his life, had mounting financial debts. When his basic chakra was scanned, it was depleted and underactivated. After several Pranic Healing treatments, his work performance and productivity improved in a matter of one to two months. Not long after, he was promoted to a higher position, thereby making it possible for him to earn a higher income and to solve his financial problems.[29]

Malfunctioning of the basic chakra may manifest as arthritis, rheumatism, spinal problems, blood ailments, allergy, slow healing of wounds, broken bones, growth problems, cancer and leukemia, low vitality, heart diseases, brain ailments and sexual ailments.[30]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point DU (GV) 1.[31]

TAOIST AND INDIAN CORRESPONDENCE OF THE BASIC CHAKRA

In Taoist yoga, the basic chakra corresponds to *chang qiang*, which means “abundance in strength.”

The Sanskrit term for the basic chakra is “Mooladhara chakra.” Its correspondence in Tamil (Southern India) is *Putti kaalam.*

The basic chakra, in the Indian tradition, is symbolized by an elephant. This is why in the Taoist tradition it is called “abundance in strength.”[32]

CHAPTER 3

The Sex Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Sex Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Sex Chakra

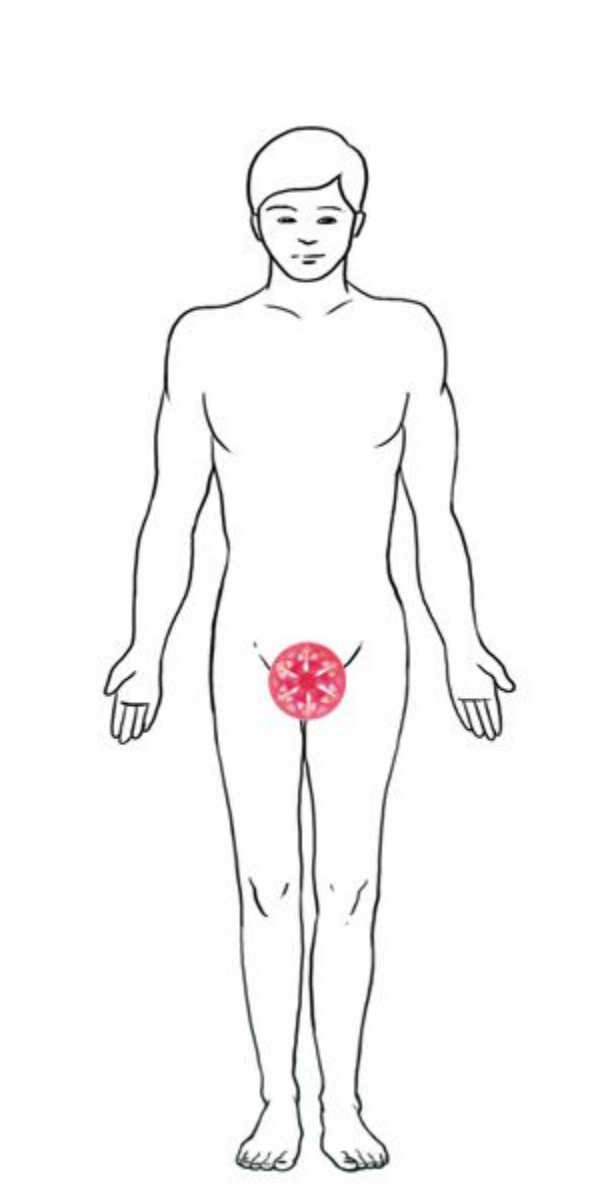

Fig. 3-1 Sex Chakra

LOCATION

The *sex chakra* is located at the pubic area. The sex chakra is the foundation of physical creation - the foundation of the physical world.[1]

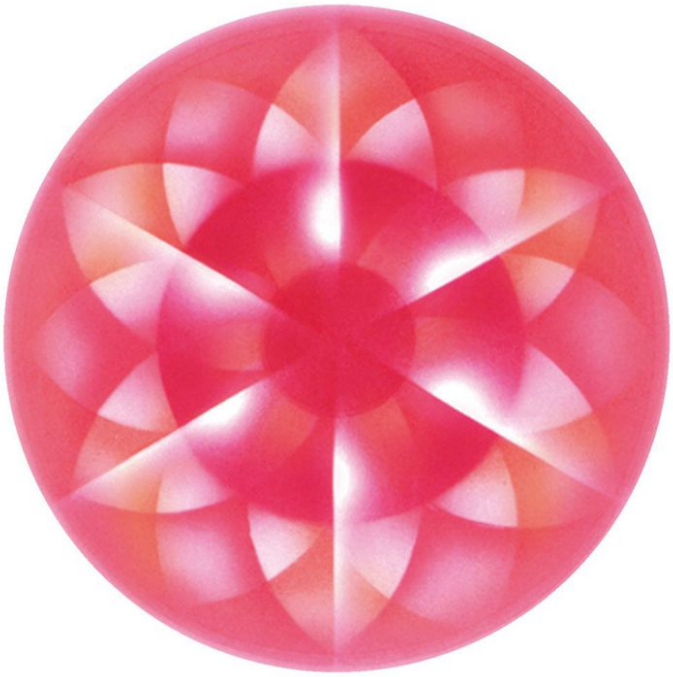

Fig. 3-2 Sex Chakra.

DESCRIPTION

It has six petals and contains red prana of two different shades, and orange prana.[2]

SPIRITUAL FUNCTIONS

A strong, healthy sex chakra is needed for spiritual development. Sex energy can be transmuted into love and spiritual oneness.[3]

The transmutation of sex energy is necessary for one's spiritual development. The sex energy, once transmuted, provides energy to the upper chakras. Therefore, sex energy is like "food" for the upper chakras. It is necessary for the proper functioning of the brain and nervous system. Whether one is celibate or not, the transmutation of sex energy will be extremely useful.[4]

Part of the sex energy is transmuted by the body to a higher form of pranic energy to be utilized for creative, intelligent and spiritual functions.[5]

The key is to "transmute sex energy," not to suppress it. When sex energy moves from the lower chakras up to the heart, the throat and the crown chakras, sex energy is transmuted into love, kindness, intelligence, illumination and divine oneness.[6]

This simple process will bring the lower energies up to the upper energy centers. The lower energies are transformed into energies with much higher frequency. These pranic energies of higher frequencies are utilized for energizing the brain so it can function with greater efficiency and effectivity.[7]

The science and art of transmuting sex energy into creative energy, and into a higher form of pranic energy to activate the brain cells is taught in *Arhatic Yoga*.[8]

There are several schools of thought. One extreme school of thought has the negative attitude that sex is dirty and must be avoided. With this kind of attitude, spiritual development is impossible. Why? The reason is that sex energy is suppressed and inhibited; therefore, it cannot go up to the upper chakras. Without the transmuted sex energy, the crown chakra, the center of illumination and divine oneness, cannot be activated and cannot function properly.

The other extreme school is the liberal sexual school where sex energy is just simply wasted. In this case, the sex chakra is depleted to such an extent that there is hardly enough sex energy left to be transmuted for utilization by the upper chakras, especially the crown chakra.[9]

The practical approach would be the middle path, which is to consider sex as natural and healthy, and to transmute sex energy. The transmutation of sex energy can be done solo, without a sex partner. This is practiced by the Northern Taoist School.[10]

Sex is sacred. When it is done properly, it manifests as divine union of two souls, oneness with their higher souls and, eventually, oneness with all.[11]

For a person to practice transmutation of sex energy with or without a sex partner, it is absolutely necessary that he must have a healthy and wholesome attitude towards sex. He must consider the sexual act as natural and sacred. Whether a person should be celibate or not is his or her own personal choice.[12]

Lord Krishna was the avatar during the period of Taurus, for the Spring Equinox and Scorpio, for the Autumn Equinox.[13]

When Rajah Parikshit was questioning the character of Lord Krishna, the answer given was that even though He had many wives and gopis, He never lost a single drop of His semen when having sex.[8] Lord Krishna was the avatar during the period of Taurus and Scorpio. He symbolizes the mastery of sexual energy, transforming sexual energy into Spiritual Energy, to achieve oneness with God or achieving God realization.

The word Brahmacharya, which is literally understood as sexual celibacy, has a higher meaning. Acharya means one who practices. Brahman means God. Brahman-Acharya means, one who practices union with God by transforming sexual energy into Spiritual Energy.[14]

Look at sex realistically and in a light mood. Sexual energy is needed to upgrade your brain cells. Sex, sweetness and intimacy are good, but you must also have a *functional brain*.[15]

What you have to do is you have to practice Superbrain Yoga regularly so the sex energy is also utilized by the upper chakras.[16] For more information, principles and techniques please refer to the *Superbrain Yoga* book by Master Choa Kok Sui The Superbrain Yoga must be done almost everyday to repeatedly energize and activate the brain cells.[17]

Moderation in relation to sex means that one must have a healthy attitude towards sex. At the same time, it means that one must transmute some of the sex energy for *psychological* and *spiritual development*.[18]

The Superbrain Yoga gradually awakens the latent powers within us and also involves internal alchemy.[19]

PSYCHOLOGICAL FUNCTIONS

The sex chakra is the center of sexual instinct. Persons with strong sex chakras usually have strong sexual drives.[20]

The throat chakra is the center for higher creativity. It is the higher correspondence of the sex chakra. The two are closely interconnected. This is why highly artistic or very intelligent people tend to have very strong sexual drives and lots of sexual scandals. It is not possible for a person to be very creative or intelligent and be sexually impotent or inhibited at the same time.[21]

To have sexual urge or desire is very healthy. Sex is a joyful activity. One should not feel any guilt about it. It should not be repressed, but rather should be regulated.[22]

Sexual Desire experienced by priests or yogis may not be their desire at all! It may be the desire of those who are attracted to them.[23]

PHYSIOLOGICAL FUNCTIONS

The sex chakra is the physical creative center for procreation.[24]

The sex chakra controls and energizes the sex organs, the bladder and the urethra. It also affects the legs, the throat and the head.[25] *(See Fig. 3-3 The sex chakra.)*

It has been clairvoyantly observed that when a person is urinating, his sex chakra and meng mein chakra produce more orange prana, which is used in expelling and eliminating waste matter from the body.[26]

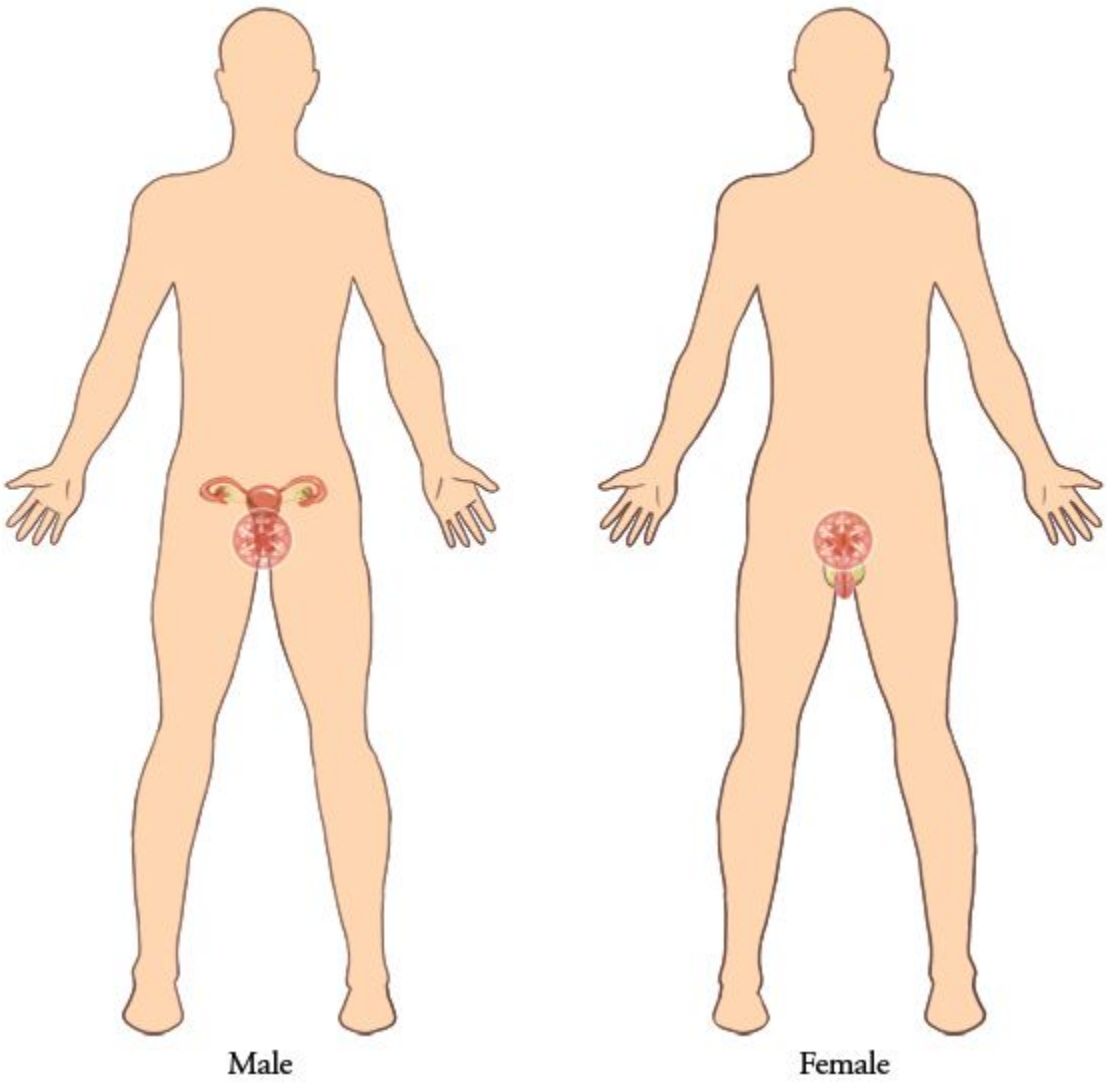

Fig. 3-3 The sex chakra

The sex chakra controls and energizes the sex organs, the bladder and the urethra. It also affects the legs, the throat and the head.

The ajna chakra, throat chakra and basic chakra have a strong influence on the sex chakra. Malfunctioning of any of these chakras may adversely affect the sex chakra.[17]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING SEX CHAKRA

Malfunctioning of the sex chakra may manifest as:

a) urinary problems
b) impotency
c) sterility
d) enlarged prostate gland
e) other sexual ailments[27]

A strong, healthy sex chakra is necessary for a healthy throat chakra, which is also responsible for the development of the mental faculty. Therefore, it is very important to treat the sex chakra of mentally retarded people for a prolonged period of time.[28]

The transmuted sex energy is required for the proper functioning of the throat chakra and the chakras in the head area. Mentally retarded patients have depleted sex chakras. That is why their throat, ajna, forehead and crown chakras are also depleted and do not function properly. In older people, the sex chakra and the basic chakra are depleted. This is one of the factors why older people tend to become senile.[29]

Enlarged prostate could be caused by congestion or depletion of the sex chakra. Congestion of the sex chakra occurs mostly among the celibate. Depletion of the sex chakra occurs mostly with older men.[30]

Patients with myoma are usually sexually inhibited and have an improper attitude towards sex. The sex chakra is very congested and filled with dirty red energy. The sex energy is not sufficiently released even during sexual intercourse. The sexual desire is excessively suppressed; sex energy is not able to flow freely to the other chakras as in normal healthy persons. This has an accumulating effect manifesting as the development of myoma and its gradual growth. Women who have been sexually violated may develop a

negative attitude towards sex which in the long run may manifest as sexual ailment(s). With nuns, this is a result of sexual abstinence without consciously or subconsciously sublimating the sex energy.[31]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point RN (CV) 2.[32]

TAOIST AND INDIAN CORRESPONDENCE OF THE SEX CHAKRA

In Taoist yoga, the sex chakra corresponds to *qu gu*, which means “crooked bone.”

The correspondence of the sex chakra in Sanskrit is *Swadhishtana chakra*. In Tamil (Southern India), it is called *Kuthu varmam*.[33]

CHAPTER 4

The Meng Mein Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Meng Mein Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Meng Mein Chakra

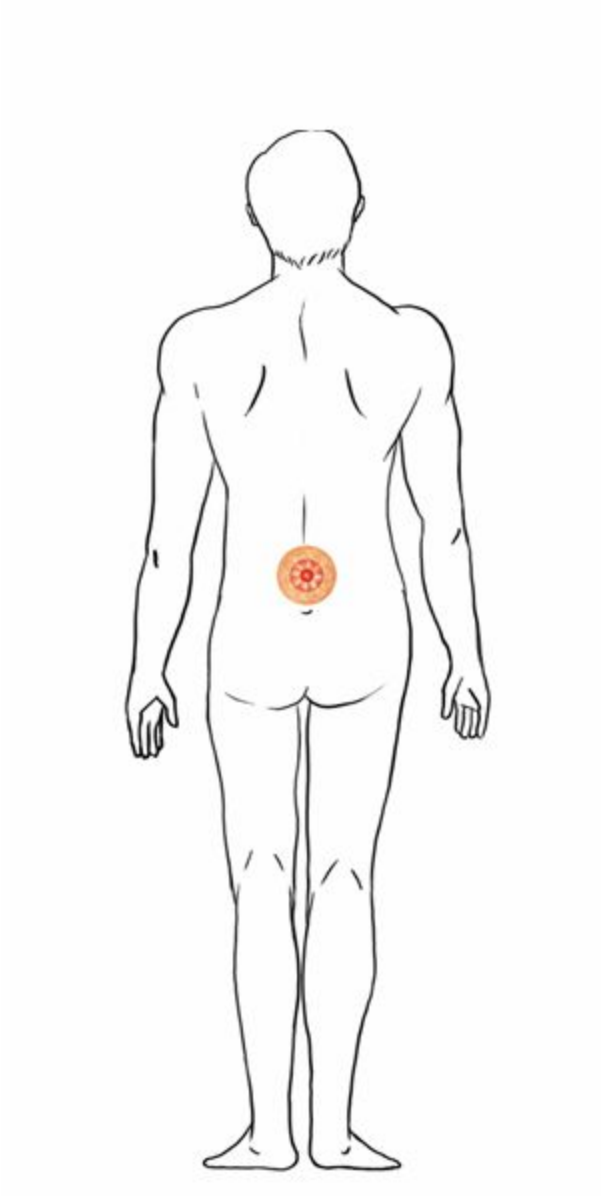

Fig. 4-1 Meng Mein Chakra

LOCATION

The *meng mein chakra* is located at the back of the navel.[1]

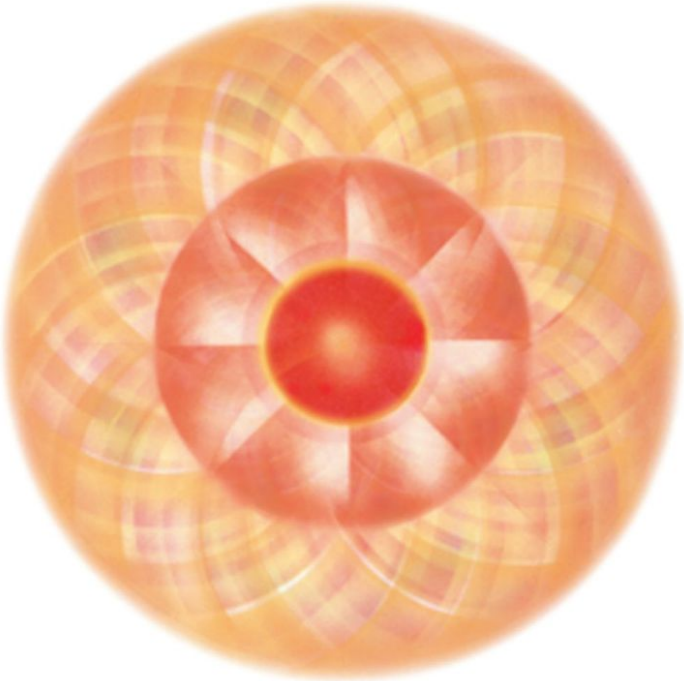

Fig. 4-2 Meng Mein Chakra.

DESCRIPTION

The meng mein chakra has eight petals, and contains predominantly orange prana and less of red prana. It also contains smaller amounts of yellow and blue pranas.[2]

SPIRITUAL FUNCTIONS

The meng mein chakra acts as some sort of a “pump” to facilitate the distribution of pranic energy from the basic chakra to the other parts of the body.[3]

The meng mein chakra has the power to transmute lower, grosser energies into spiritual energy.[4]

To be more exact, the meng mein chakra acts as an “energy accelerator” that increases the rate of vibration of the lower pranic energy. This causes the lower pranic energy to gush out with tremendous speed through the back meridian and spread to all parts of the body and up to the crown.[5]

By doing so, it activates the higher chakras and enables us to see things as they are. Every person is evolving, and evolution implies process, time and mistakes.[6]

Once a person realizes that everybody makes mistakes and that this is part of the natural process of spiritual evolution, forgiving others and also one’s self becomes easy. Once there is forgiveness, inner healing and physical healing occur. Forgiving is therapeutic.[7]

Its inner significance is that when there is conflict, the emphasis should be to defuse it rather than to escalate it and to restore harmony and peace.[8]

The harmonizing and transformative approach is done by defusing the degree of conflict;

1. By emotionally remaining calm;
2. By practicing self-restraint or group restraint;
3. By establishing communication lines and promoting communication;
4. By adapting the policy of understanding and forgiveness;
5. Through the use of negotiation;
6. Through diplomatic, political and/or economic approach; and
7. Through compromise.[9]

PSYCHOLOGICAL FUNCTIONS

The meng mein chakra regulates the upward flow of pranic energy from the basic chakra.[10]

When the meng mein chakra becomes big a person becomes emotionally excited.[11] Cleansing of the meng mein chakra helps a person gradually calm down.[12]

PHYSIOLOGICAL FUNCTIONS

The meng mein chakra controls and energizes the kidneys and the adrenal glands. It also controls the blood pressure.[13] *(See Fig 4-3 The meng mein chakra.)*

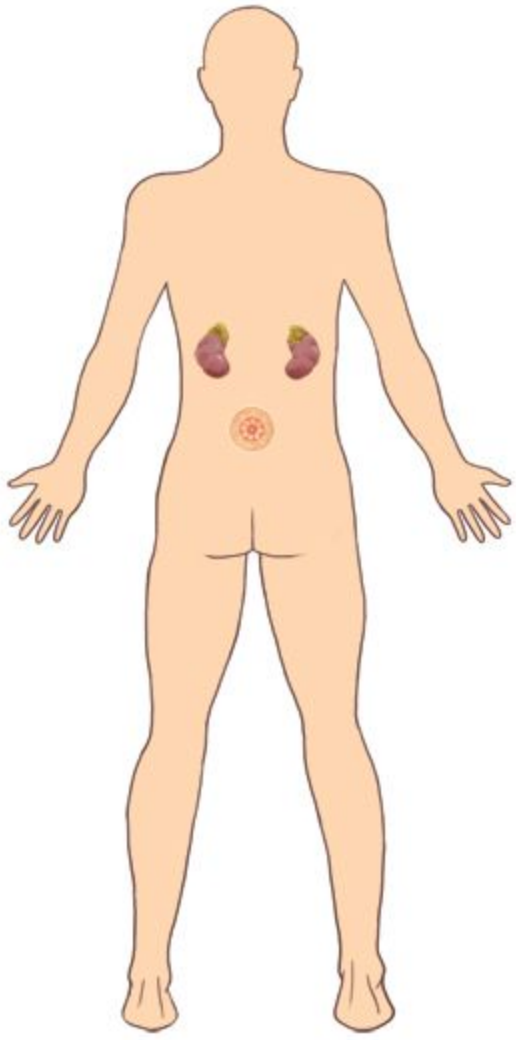

Fig. 4-3 The meng mein chakra

The meng mein chakra controls and energizes the kidneys, adrenal glands and the blood pressure.

The meng mein chakra and sex chakra control and energize the urinary system.[14] It is also closely related to the spleen chakra.[15]

The size of the meng mein chakra is only about 1/3 to 1/2 the size of the other major chakras,[16] and should be treated only by experienced or Advanced Pranic Healers.[17]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING MENG MEIN CHAKRA

Malfunctioning of the meng mein chakra may manifest as kidney problems, low vitality, blood pressure ailments, and back problems, and may even manifest as abnormal growth rate of cells when the other major chakras are also malfunctioning.[18]

When the size of the meng mein chakra is normal, the blood pressure is normal.[19] When it is overactivated, or its size ratio is higher, then the blood pressure is above the normal level. If the meng mein chakra is underactivated, or its size ratio is lower, then the blood pressure is below the normal level.[20] This is why it is not advisable to energize the spleen chakra of a patient with hypertension. When the spleen chakra is activated, the meng mein chakra is also partially activated.[21]

The meng mein chakra of infants, children, pregnant women, and elderly people should not be energized - unless really necessary - because of possible adverse effects.[22]

Have you come across people who possess tremendous, almost supernatural, physical strength when they become violent? Patients who are violent have an overactivated meng mein chakra. The meng mein chakra controls and regulates the adrenal glands. The adrenal glands produce hormones that temporarily give a person extraordinary strength or power. The other chakras involved in this function are the solar plexus chakra and the basic chakra.[23]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point DU (GV) 4.[24]

TAOIST AND INDIAN CORRESPONDENCE OF THE MENG MEIN CHAKRA

In Taoist yoga, meng mein chakra corresponds to *ming men*, which means “gate of life.”

The correspondence of the meng mein chakra in Tamil (Southern India), is *Kachai varmam.*[25]

CHAPTER 5

The Navel Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Navel Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Navel Chakra

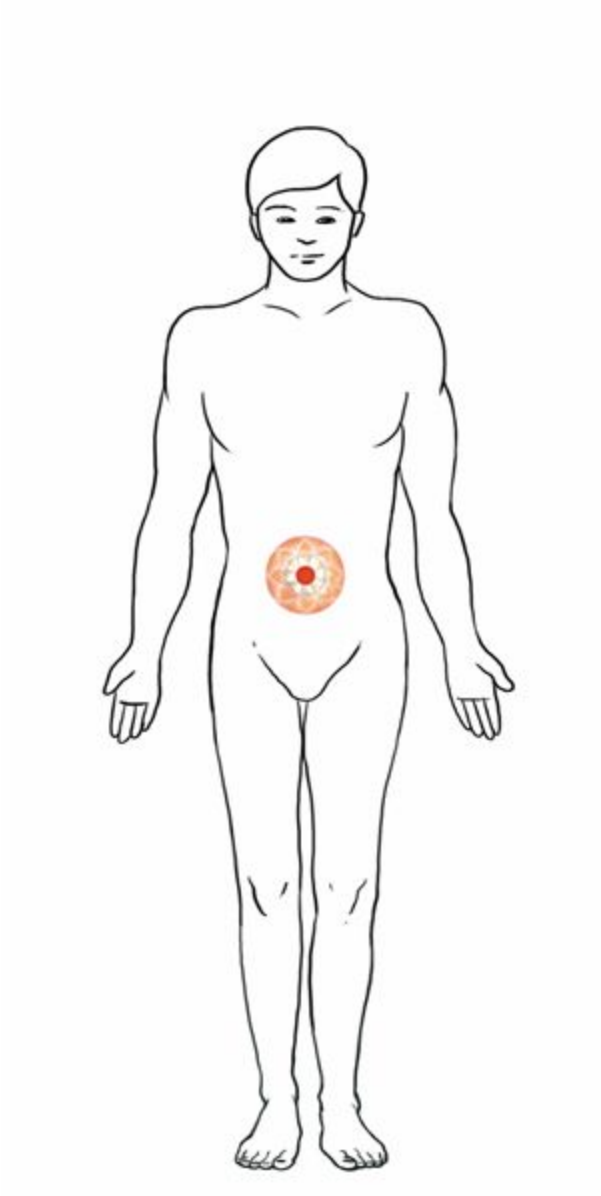

Fig. 5-1 Navel Chakra

LOCATION

The *navel chakra* is located on the navel.[1]

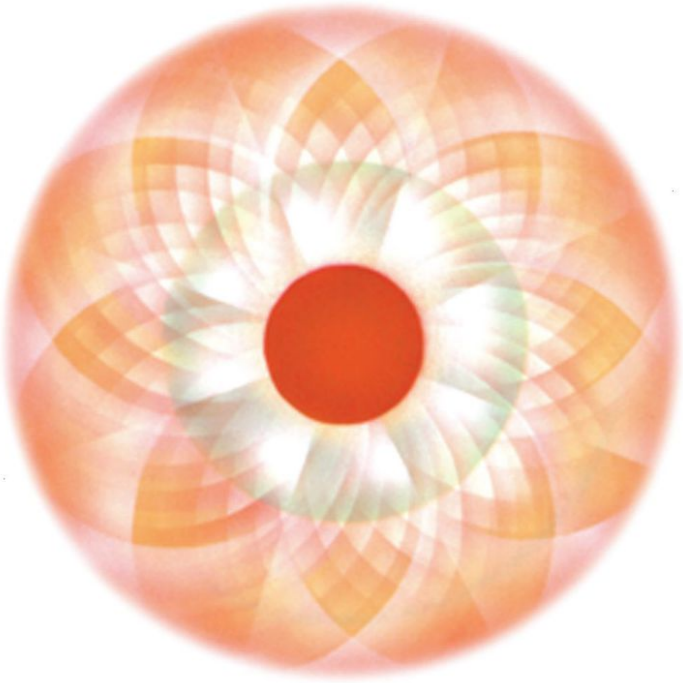

Fig. 5-2 Navel Chakra.

DESCRIPTION

It has eight petals and contains predominantly yellow, green, blue, red, and violet pranas. It also contains a little of orange prana.[2]

SPIRITUAL FUNCTIONS

The navel chakra produces “synthetic golden chi,” which facilitates or helps in the circulation of prana within the meridians. Synthetic golden chi facilitates the drawing in of prana by the etheric body. Persons with more synthetic chi can draw in more prana.[3]

The word “chi” is used quite loosely to mean subtle energies. *Chi* is sometimes used to mean *air prana*, *ground prana*, *red prana* and other types of prana. It is also used to mean a type of “biosynthetic chi” produced by the navel chakra. This *biosynthetic chi* is quite different from prana or life energy. It affects one’s ability to draw in, distribute, and assimilate prana. During bad weather conditions, the quantity of air prana is quite scarce. Persons with lesser biosynthetic chi have greater difficulty drawing in air prana; therefore, compared to the average person, they tend to feel more tired or low.

The body gets nutrients by drinking and eating and, in the process, produces hormones through the endocrine glands. Food, water and juices correspond to different types of pranic energies, which are absorbed by the energy body. The hormones produced by the body correspond to the biosynthetic chi produced by the energy body. The biosynthetic chi produced by the navel chakra is golden in color.[4]

The navel chakra concretizes spiritual energy into a “golden ball of chi energy,” which looks like a golden sun surrounded by rainbow-color light.[5]

Golden chi energy is necessary for the rapid evolution of the physical body. Just as a computer software of a higher version requires a computer hardware of a higher model, so must the accelerated evolution of the soul be accompanied by the accelerated evolution of the body. Otherwise, the body will not be a suitable vehicle for the highly evolved soul.[6]

Good thoughts, good words, good feelings and goodwill must be manifested as good actions. The navel chakra controls and regulates the basic chakra, which is the center for actions.[7]

PSYCHOLOGICAL FUNCTIONS

The navel chakra is the center of the instinct for knowing. For example, when you practice martial arts, you do not think about the next move you have to make. You instinctively know what to do when confronted by an opponent.[8]

PHYSIOLOGICAL FUNCTIONS

The navel chakra controls and energizes the small and large intestines and the appendix. It affects the speed of giving birth and the general vitality.[9] *(See Fig. 5-3 The navel chakra.)*

The navel chakra helps the ajna chakra regulate the lower major and minor chakras and their corresponding organs. The lower chakras are the meng mein chakra, sex chakra, basic chakra and the lower minor chakras.[10]

The navel and the solar plexus chakras control the digestive, assimilative and eliminative system; therefore, they affect the degree of healthiness of the skin.[11]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING NAVEL CHAKRA

Malfunctioning of the navel chakra may manifest as constipation, loose bowel movement, inability to assimilate food nutrients, appendicitis, intestinal ailments, difficulty in giving birth, low vitality, and other diseases related to the intestines.[12]

When the navel chakra is dirty and is not functioning properly, the upward flow of energy from the sex chakra to the navel chakra, and to the higher chakras may be blocked. If this happens, the person may become sexually overactivated.[13]

In acute appendicitis, the solar plexus chakra and the navel chakra are both affected. The appendix is dirty red and dirty green. This is why the pain may initially be felt on the solar plexus area before going down to the appendix. The spleen chakra is greyish. The basic chakra is depleted. The whole body is affected and greyish.[14]

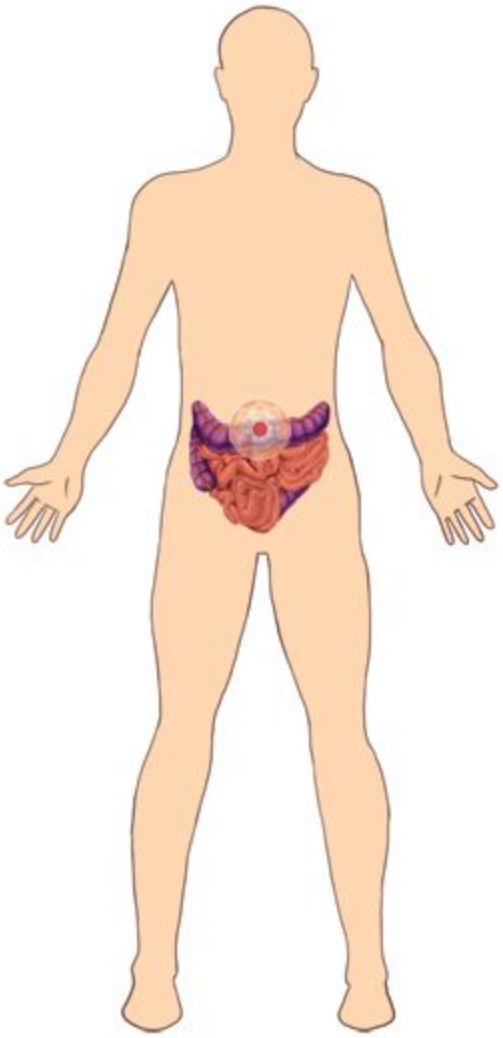

Fig. 5-3 The navel chakra

The navel chakra controls and energizes the small intestines, large intestines and appendix.

In gastrointestinal ulcer, the navel chakra is partially affected. In many instances, if not in most cases, this is due to emotional factors.[15]

With assimilation problems the navel chakra controls and energizes the small intestine which is responsible for the assimilation of nutrients.[16]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point RN (CV) 8.[17]

TAOIST AND INDIAN CORRESPONDENCE OF THE NAVEL CHAKRA

In Taoist yoga, the navel chakra corresponds to *shen que*, which means "divine vault." The correspondence of the navel chakra in Tamil (Southern India) is *Aama kaalam.*[18]

CHAPTER 6

The Solar Plexus Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Solar Plexus Chakra
Forgiveness & Loving-Kindness
Proper Emotions & Thoughts (Emotional & Mental Hygiene)
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Solar Plexus Chakra

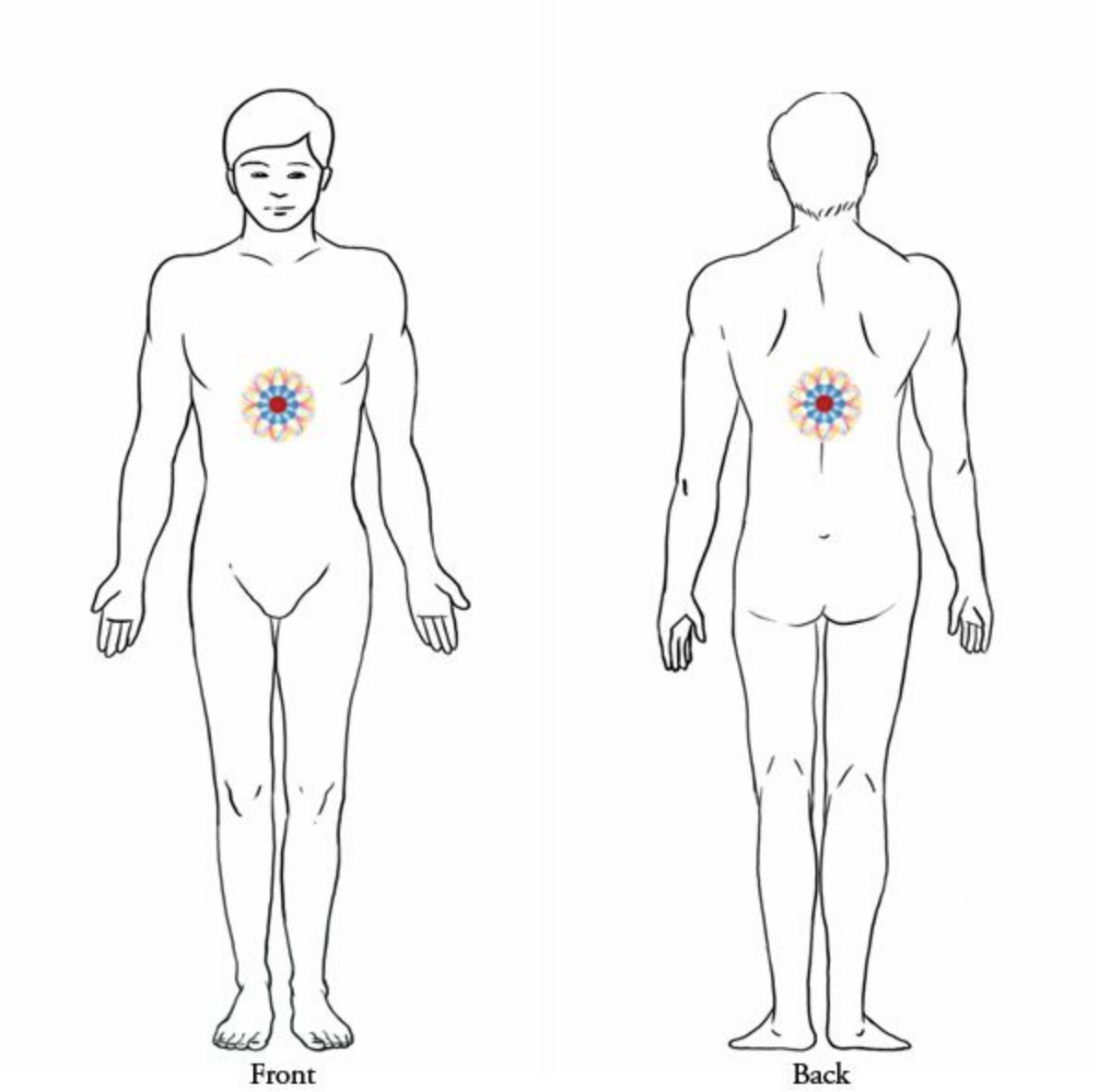

Fig. 6-1 Solar Plexus Chakra

LOCATION

The *solar plexus* chakra is located at the hollow area between the ribs. The back solar plexus is located at the back of the front solar plexus. The term solar plexus chakra shall mean both the front and the back solar plexus chakra.[1]

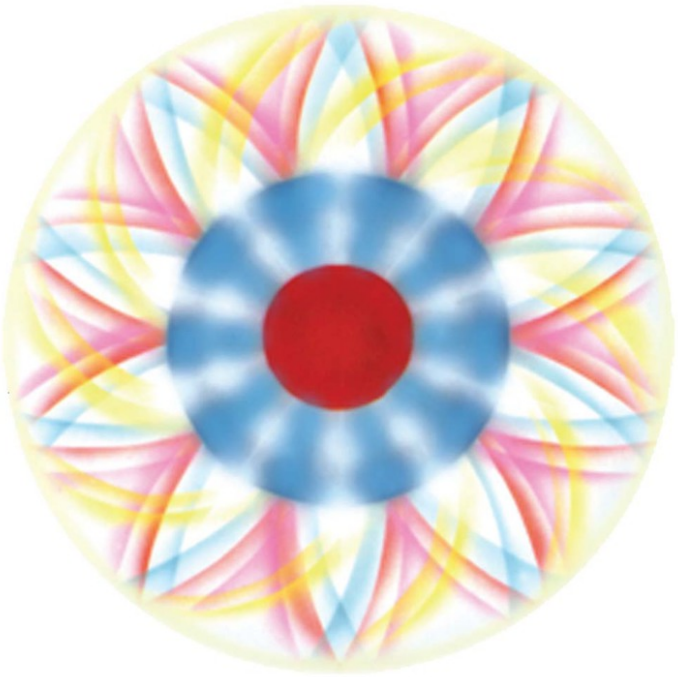

Fig. 6-2 Solar Plexus Chakra.

DESCRIPTION

The solar plexus chakra has ten petals and contains red, yellow, green and blue pranas. It also contains a little of orange and violet pranas.[2]

SPIRITUAL FUNCTIONS

The emotional permanent seed is lodged in the solar plexus chakra and the liver.[3] Subtle energies from the lower chakras and from the higher chakras pass through the solar plexus chakra.[4]

The will center of the masses is located in the solar plexus chakra. A person has the option of following the urges of the lower nature, or the will of the higher soul. When the lower will of man is aligned with the will of the higher soul, man treads the path of Tao or the spiritual path of righteousness.[5]

The inner strength of the person increases, as he is under the influence of his higher soul.[6]

PSYCHOLOGICAL FUNCTIONS

Solar plexus is the center of both positive and negative lower emotions: *Positive lower emotions* include ambition, daringness, courage, perseverance, strength, righteous indignation, justice and fairness; *Negative lower emotions* include anger, irritation, hate, envy, greed, destructiveness, violence, cruelty, resentment, worry, anxiety, tension, fear, selfishness, aggressiveness, abrasiveness, addiction, etc.[7]

The term “lower emotion” is not necessarily bad. The solar plexus chakra, as stated earlier, is also the center of courage, daring, strong drive, perseverance, and the desire to win. This is the “I” center, as in “I want this, I want that, I need that ....” To be successful, the solar plexus chakra has to be strong. It is the center of assertiveness.

In general, the masses are emotionally driven. Therefore, the solar plexus chakra is where the *lower will* is located; it is the *will center of the masses*. This is why in Kabbalah, the solar plexus chakra is also called “Strength.” In more developed people, the will center is located in the ajna chakra which is active intelligence.[8]

In healing psychological ailments, the solar plexus chakra is usually, if not always, treated. When a person is under stress or harbors a deep-seated

grudge towards other people, the solar plexus chakra becomes congested with dirty red energy.[9]

PHYSIOLOGICAL FUNCTIONS

The solar plexus chakra and the navel chakra control and energize the gastrointestinal system.[10] The solar plexus chakra controls and energizes the diaphragm, pancreas, liver and stomach. It is easier to energize the pancreas through the back solar plexus chakra. To a certain degree, the solar plexus chakra energizes the large and small intestines, appendix, lungs, heart and other parts of the body.[11] *(See Fig. 6-3 The solar plexus chakra)*

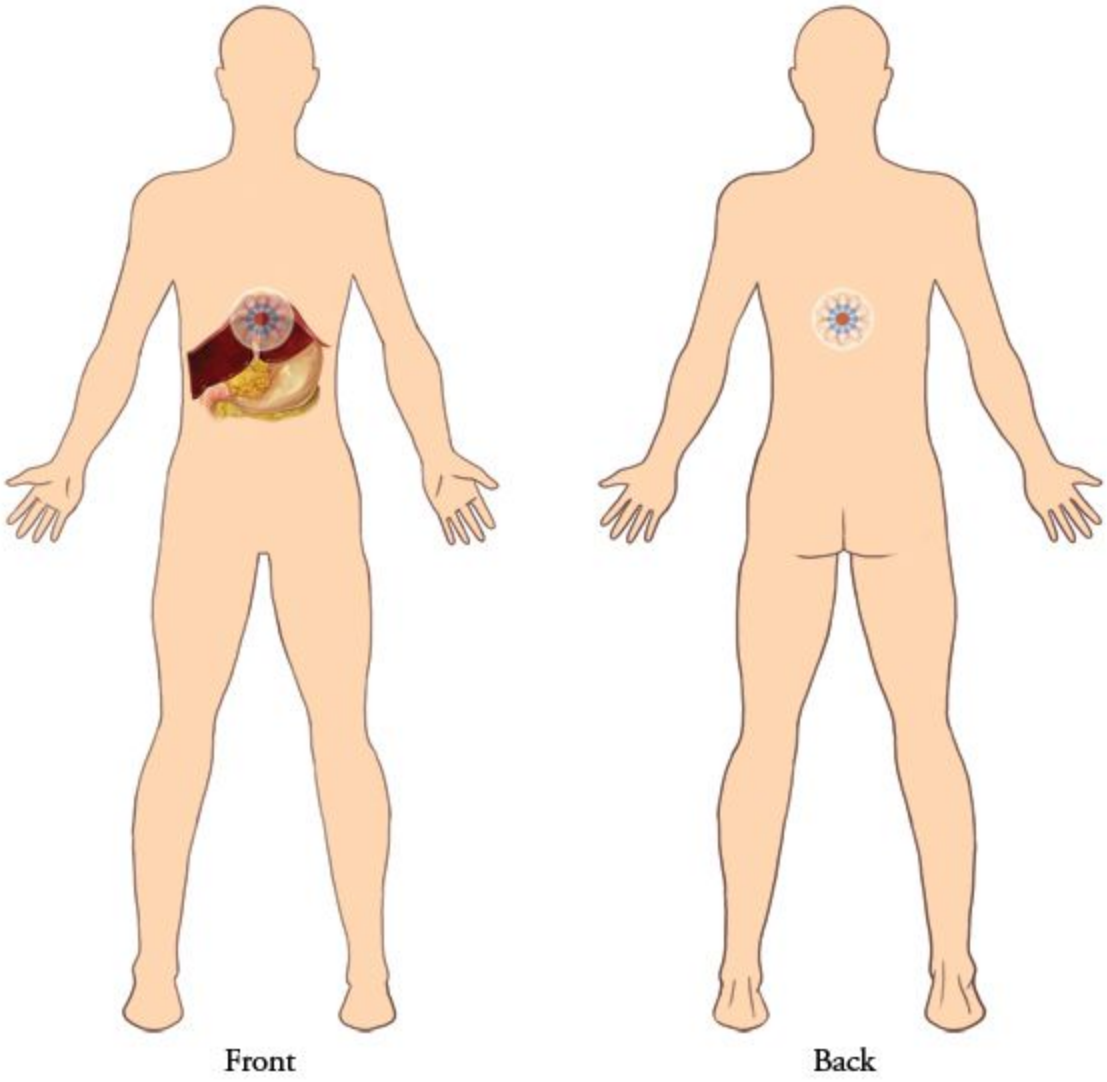

Fig. 6-3 The solar plexus chakra

The solar plexus chakra controls and energizes the diaphragm, pancreas, liver, stomach and to a certain degree the large and small intestines.

The solar plexus chakra also affects the quality of the blood, because it controls and energizes the liver, which detoxifies the blood. Through the liver, it controls the cholesterol level of the body and, therefore, affects the condition of the heart.[12] This chakra also controls the heating and cooling system of the body.[13]

The whole body can be energized through the solar plexus chakra.[14] An exhausted person can be revitalized rapidly by energizing the solar plexus chakra.[15]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING SOLAR PLEXUS CHAKRA

The solar plexus chakra can be easily disturbed or imbalanced by negative emotions.[16]

In many instances, negative emotion is one of the critical factors, if not the most critical factor, in severe ailments. The solar plexus chakra is the center of lower emotions. Since most people are quite emotional, the solar plexus chakra tends to become quite dirty and to malfunction. The problem caused by unregulated emotions is compounded by living in a very stressful world. The solar plexus chakra is located at the center of the trunk; therefore, it is located very near to most of the vital organs. Malfunctioning of the solar plexus chakra tends to adversely affect the proximate organ or organs. The solar plexus chakra is either depleted or quite congested. Sometimes, the front solar plexus chakra seems to be normal but the back solar plexus chakra is quite congested. Patients with this type of ailments tend to be tactful and usually do not express their negative feelings.[17]

When a person is very angry, the solar plexus chakra pulsates erratically. This causes the diaphragm to move erratically, resulting in irregular shallow breathing.[18]

Anger and intense worry devitalize the whole energy body so that the body becomes susceptible to all kinds of diseases. Negative emotions cause disturbances in the energy body so that the whole physical body becomes sick.[19]

Harboring or explosively expressing negative feelings for a prolonged period may manifest as:

1. glaucoma
2. migraine headache
3. acute sinusitis
4. hyperthyroidism
5. respiratory ailments like asthma
6. heart ailments
7. diabetes
8. gastric or intestinal ulcer
9. high cholesterol
10. infected liver (Negative emotion weakens the body and the liver, thereby making it susceptible to infection.)
11. constipation
12. twisted intestine
13. damaged kidneys
14. hypertension
15. rheumatoid arthritis
16. cancer and others[20]

When a person is physically violent, the solar plexus chakra, the basic chakra and the meng mein chakra become overactivated. But the main chakra that influences the other chakras is the solar plexus chakra.[21]

A negative emotion may manifest as a certain type of disease in one patient but may manifest as another type of disease in another patient.[22]

In many instances, the malfunctioning of the solar plexus chakra due to prolonged negative emotions tends to cause the basic, navel, and spleen chakras to malfunction. This manifests as severe arthritis.[23]

Hypertension may be physically caused by malfunctioning of the kidneys or by other external factors. In most cases the cause or causes are not medically known; this is called *essential hypertension.* It can be controlled but is supposed to be "medically incurable." From the Pranic Healing viewpoint, essential hypertension is caused by the overactivation of the meng mein chakra, which is usually caused by the overactivation of the solar plexus chakra. In other words, *essential hypertension is predominantly of emotional origin.* Through repeated pranic treatments, the patient's blood pressure can be normalized.[24]

FORGIVENESS & LOVING - KINDNESS

Some severe ailments are emotional in origin. Some patients have so much deep-seated hurt or resentment towards certain person(s). Although Pranic Healing greatly improves the condition of the patient, *the rate of healing would be much faster if the patient consciously exerts effort to forgive those who may have actually or imaginarily hurt him or her.* Even though the solar plexus chakra and the other chakras are quite clean after Pranic Healing treatment, if the patient recalls the hurtful person(s) or the disturbing event, the solar plexus chakra will again become congested and dirty which will also adversely affect some of the chakras and some of the organs. Unless the patient learns to forgive, the healing will be slow or there will be a relapse. THE ACT OF FORGIVING IS THERAPEUTIC AND NECESSARY FOR GOOD HEALTH. It helps normalize the solar plexus chakra and the other affected chakras.

Being habitually critical, irritable or angry is also very unhygienic (for the person's energy) and bad for the health in the long run. The remedy is of course to learn to appreciate the good qualities of others, to practice kindness and to learn to be calm. It is easier to wear a pair of shoes than to try to flatten all the rough ground. *It is easier to be kind, tolerant and detached than to try to change and improve everybody.*[25]

For example, the artery; the opening of the arteries is not just physical. It's connected with emotion and energy. If there are certain types of emotion and energy in the body, the artery constricts and become very, very tight. The person experiences chest pain. You remove a certain emotion, a certain energy, it opens up. It's not purely chemical. That is why when a person takes certain medicines and increases the dosage, it doesn't work because the emotion and the energy are still there. *The effect of the emotion and the energy supersede the effect of medicine.*[26]

PROPER EMOTIONS AND THOUGHTS (EMOTIONAL AND MENTAL HYGIENE)

Proper emotional and mental hygiene consists of internal and external hygiene. Internal emotional and mental hygiene simply means proper emotions and proper thoughts. Positive emotions and thoughts like

happiness, kindness, joy, enthusiasm and others tend to have beneficial effects psychologically, etherically and physically.[27]

External emotional and mental hygiene means proper company, since emotions and thoughts are transmissible. Negative emotions and thoughts are infectious. This is why, after talking with persons with psychological problems, one may feel depressed and physically exhausted. Prolonged interaction with this type of persons may manifest as physical ailment(s). That is why many priests, nuns, social workers, psychologists and psychiatrists, after closely interacting for many years with psychologically disturbed persons, tend to become psychologically affected and physically sick.

It is preferable to be sexually selective, since it is very easy to be etherically and psychologically contaminated through indiscriminate sexual interactions. After such an interaction, it is advisable to clean oneself physically, etherically, emotionally, and mentally.

Food should preferably be handled and prepared by persons in good health and with happy disposition since good energy and bad energy can easily be transmitted to food and objects.

Interacting with people who are optimistic, enthusiastic, radiant and very healthy is very psychologically and etherically beneficial. In the presence of an advanced spiritual teacher, one can easily be emotionally, mentally and spiritually uplifted if one is sufficiently receptive and has the proper reverence. The students are actually bathing in the powerful aura of the spiritual teacher.[28]

EQUIVALENT ACUPUNCTURE POINT

Front solar plexus: In Chinese medicine, it corresponds to the acupuncture point RN (CV) 12.

Back solar plexus: In Chinese medicine, it corresponds to the acupuncture point DU (GV) 7 and DU (GV) 6, respectively.[29]

TAOIST AND INDIAN CORRESPONDENCE OF THE SOLAR PLEXUS CHAKRA

In Taoist yoga, the front solar plexus chakra corresponds to *zhong wan*, which means “center of stomach.”

The back solar plexus chakra in Taoist yoga corresponds to *zhong shu*, which means “center of body,” or with *ji zhong*, which means “center of spine.”

The Sanskrit term for the solar plexus chakra is *Manipura chakra*. In Tamil (Southern India), the correspondence of the front solar plexus chakra is *Ner varmam*, while the back solar plexus chakra is *Sangudhiri kaala varmam*.[30]

CHAPTER 7

The Spleen Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Spleen Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Spleen Chakra

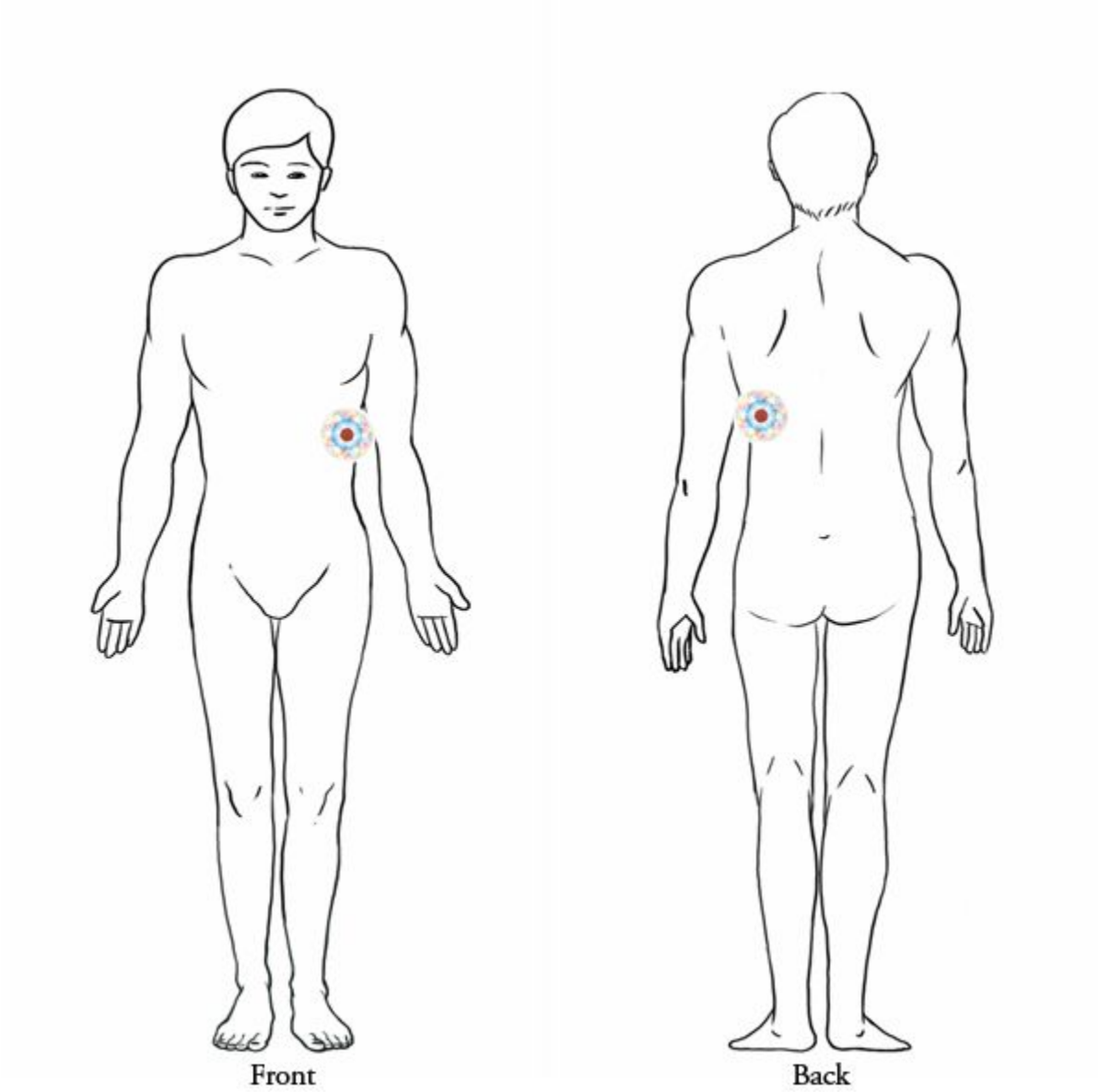

Fig. 7-1 Spleen Chakra

LOCATION

The spleen chakra is located at the center of the left bottom rib. The back spleen chakra is located at the back of the front spleen chakra.[1]

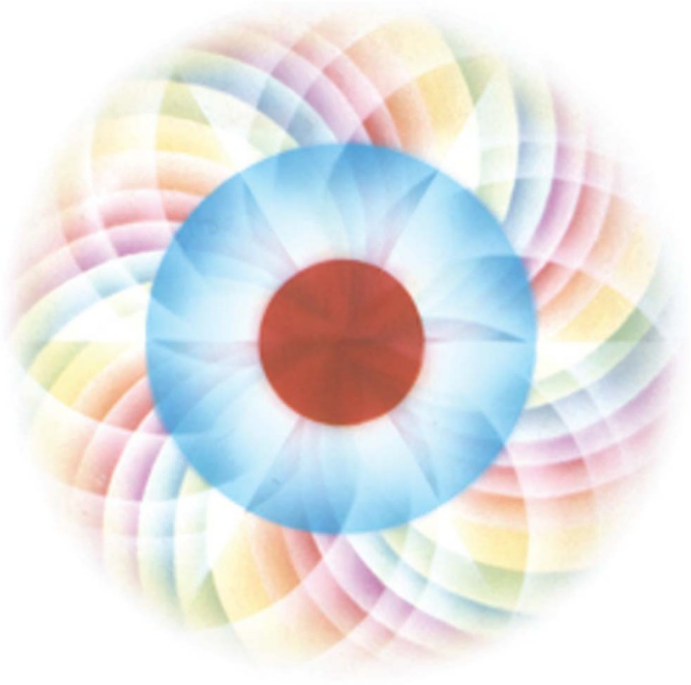

Fig. 7-2 Spleen Chakra.

DESCRIPTION

The spleen chakra, which has six petals, is normally about 1/3 to 1/2 the average size of the other chakras.[2]

SPIRITUAL FUNCTIONS

The *spleen chakra* is the source of power and life energy. Without power and life energy, a person cannot be successful or victorious.[3]

It is the entry point for prana or life energy of the body. In the Lord's Prayer, it corresponds to the phrase "Give us this day our daily bread." The word "bread" symbolizes life energy, which is required by the physical body in order to survive. Similarly, the Hawaiian Kahuna term for life energy is *manna*, and in Chinese it is called *chi*. The condition of the spleen chakra affects the physical and psychological energy level of a person.[4]

PSYCHOLOGICAL FUNCTIONS

Both the front and the back of the spleen chakra have the same functions.[5] The spleen chakra apparently plays a vital part in a person's general well-being.[6] It affects the physical and psychological energy level of a person.[7] A person who is quite depressed has a depleted spleen chakra.[8]

If the spleen chakra is clean and highly energized, the person will feel strong and healthy.[9]

PHYSIOLOGICAL FUNCTIONS

The spleen chakra controls and energizes the physical spleen of the body. The physical spleen removes abnormal particles. It purifies the blood of disease-causing germs, and destroys worn-out blood cells.[10] It also produces antibodies.[11] It is through the spleen chakra that the body is "victorious" over disease-causing germs.[12] *(See Fig. 7-3 The front and back spleen.)*

The spleen chakra:

a) controls and energizes the physical spleen;
b) affects the pranic energy level or the general vitality of the body;

c) affects the quality of the blood; and
d) affects the immune system of the body.[13]

It is through the spleen chakra that air prana is absorbed, digested and distributed to different chakras. The spleen chakra is the source of life energy for the other chakras.[14]

It draws in air prana or “white” prana, and breaks it down into red, orange, yellow, green, blue and violet pranas, which are then distributed to the other major chakras and to the entire body. This means that the other major chakras and vital organs are substantially dependent on the spleen chakra for pranic energy.[15]

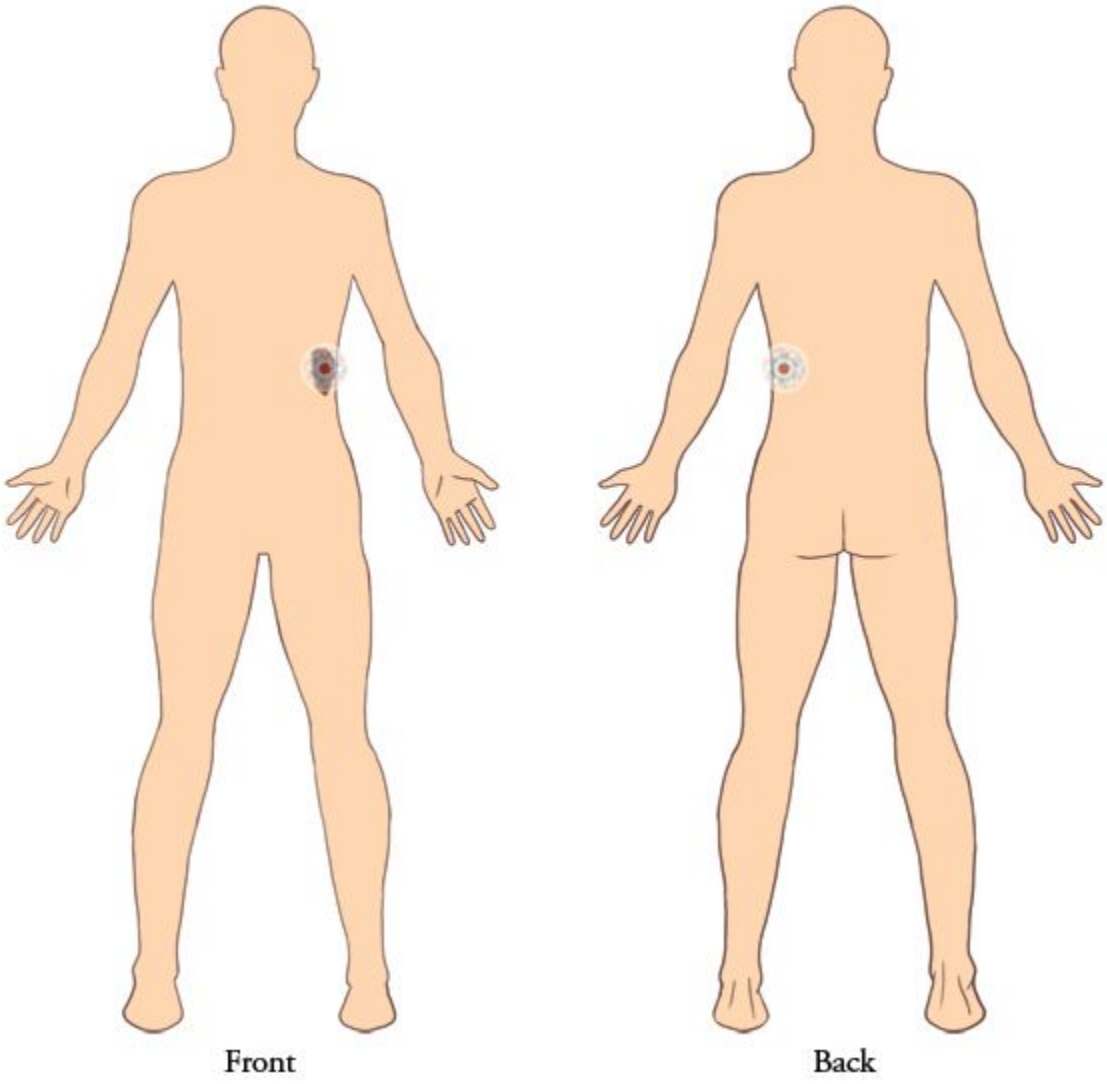

Fig. 7-3 The spleen chakra

The front and back spleen chakra control and energize the physical spleen, the other major chakras and the entire body. It is through the spleen chakra that the blood is purified.

The spleen chakra is closely related to the navel chakra. When the navel chakra is highly energized and activated, the spleen chakra also becomes substantially energized and partially activated, thereby drawing in more air prana. This condition increases the pranic energy level of the entire body.

A person can be energized by just concentrating on the navel chakra. This will substantially activate and energize the spleen chakra, which in turn energizes the other chakras, and thus the entire body.[16] The navel chakra is also closely related to the meng mein chakra.[17]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING SPLEEN CHAKRA

Malfunctioning of the spleen chakra may manifest as ailments of the physical spleen, low vitality, lower immunity level, dirty blood or blood ailments, arthritis and rheumatism. Rheumatoid arthritis patients have dirty spleen chakras.[18]

On the other hand, based on clairvoyant observations, the spleen chakra of patients suffering from cases of severe infection is adversely affected.[19] Such patients are very weak or very depleted.[20]

When the spleen chakra becomes dirty, as in the case of a contaminated healer, the person will experience chronic fatigue syndrome and will not be able to work or to heal. Since she/he cannot work or heal, she/he is not successful or victorious in life. Unless the spleen chakra is healthy, a person does not have enough pranic energy to do anything more to achieve success in life.[21]

If it is weak, the person will also feel weak. A weak spleen chakra means a weak physical body and low pranic energy level.[22]

EQUIVALENT ACUPUNCTURE POINT

Front spleen chakra: In Chinese medicine, it corresponds to the acupuncture point SP 16.

Back spleen chakra: In Chinese medicine, it corresponds to the acupuncture point BL 50.[23]

TAOIST AND INDIAN CORRESPONDENCE OF THE SPLEEN CHAKRA

In Taoist yoga, the front spleen chakra corresponds to *fu ai,* which means “abdomen of depression.”

The back spleen chakra in Taoist yoga corresponds to *wei cang*, which means “stomach’s storage.”

The correspondence of the spleen chakra in Sanskrit is *Prana chakra*. In Tamil (Southern India), it is called *Kaareeral varmam*.[24]

CHAPTER 8

The Heart Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Energizing the Physical Heart Through the Back Heart Chakra
Giving the Way to Prosperity
Love as a Gateway to Illumination
Some Conditions as a Result of a Malfunctioning Heart Chakra
Auric Cleansing and Achieving Inner Calmness
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Heart Chakra

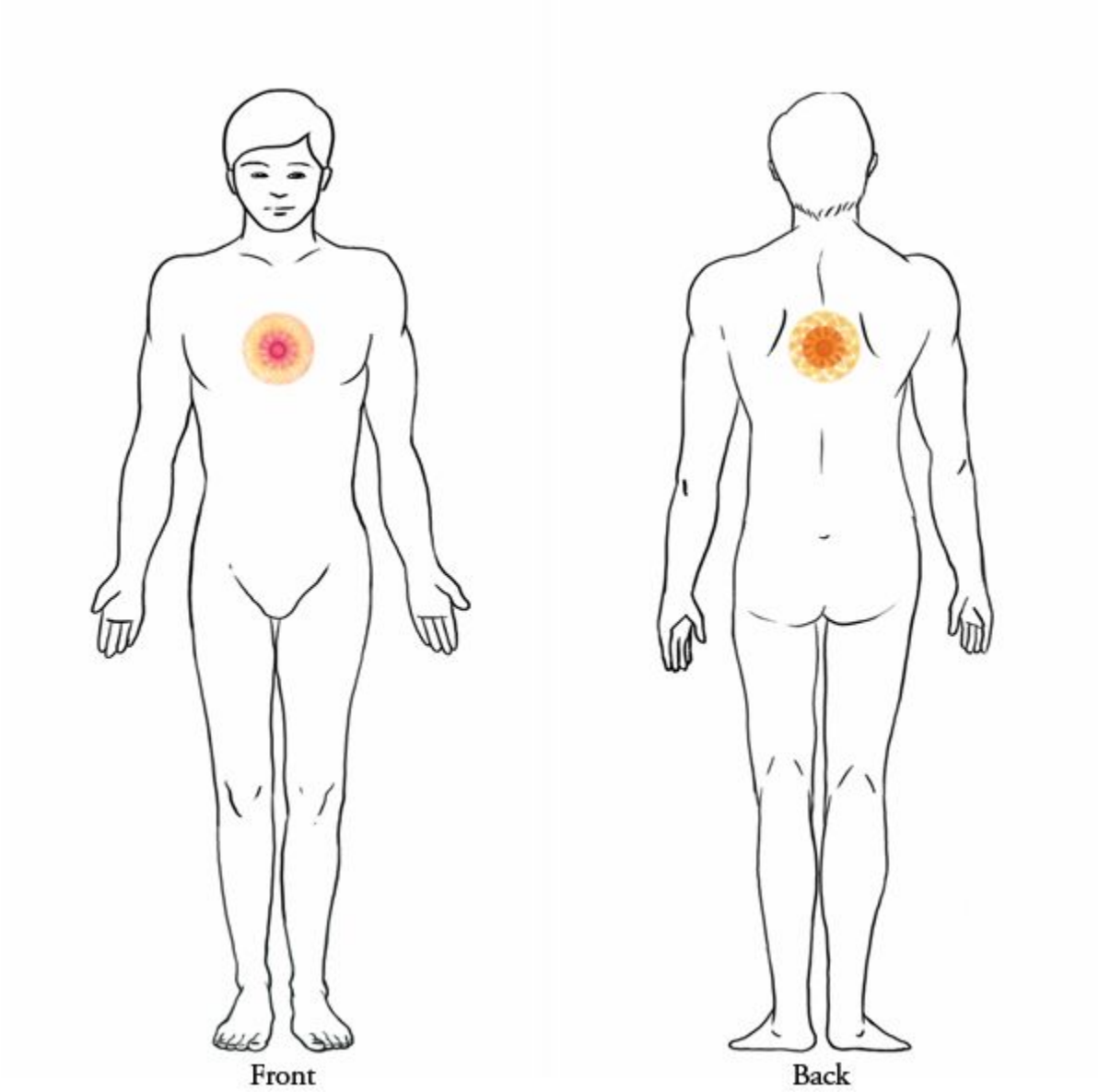

Fig. 8-1 Heart Chakra

LOCATION

The *heart chakra* is located in front of the heart or at the center of the chest.[1] There is also a back heart chakra, which is located at the back of the heart.[1]

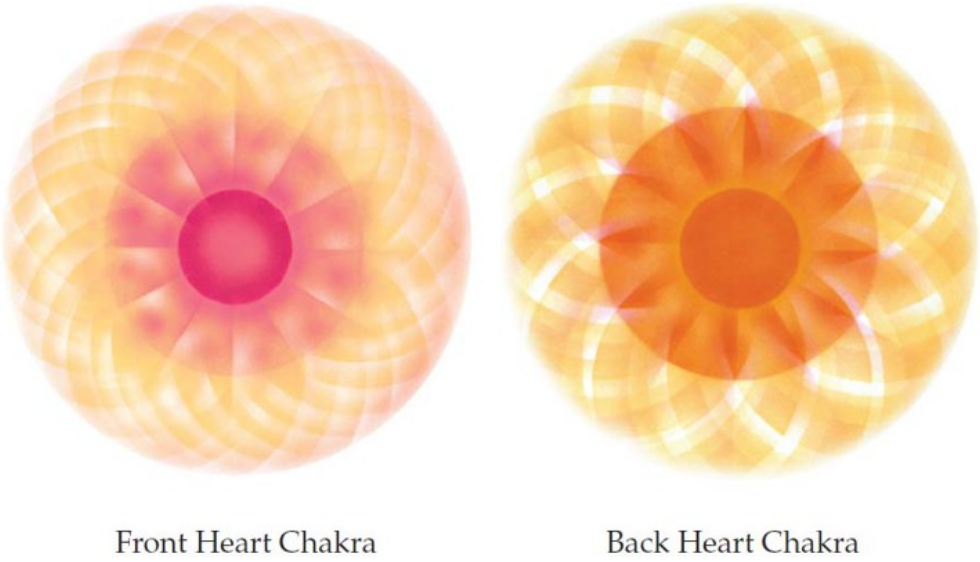

Fig. 8-2 Heart Chakra.

DESCRIPTION

The heart chakra has 12 petals. The front heart chakra contains golden and light red pranas.[2] The back heart chakra contains golden, red, orange, and yellow pranas. The slight difference in appearance between the front heart chakra and back heart chakra, however, is that the front heart chakra contains more golden prana with some light red prana.[3]

Based on clairvoyant observation, the heart chakra is the lower correspondence of the crown chakra. The crown chakra has 960 outer petals and 12 golden inner petals. The 12 golden petals of the heart chakra is a reflection of the 12 golden inner petals of the crown chakra. This is why the crown chakra cannot be activated without first developing the heart chakra.[4]

SPIRITUAL FUNCTIONS

The physical permanent seed is located in the heart chakra and the physical heart.[5] The solar plexus, which is the center of lower emotions, is self-oriented. The heart chakra is "others-oriented," as in "What are the needs of other people? . . . What would other people feel? . . . and What would other people think?" Both qualities of being self-oriented and being others-oriented are equally important. If you want to achieve a balance between the physical or material, and the spiritual aspects of your life, both the solar plexus chakra and the heart chakra must be developed evenly.[6] This is called balancing loving-kindness with self-interest.[7]

PSYCHOLOGICAL FUNCTIONS

The heart chakra is the center of the emotional heart.[8] Compared to the solar plexus chakra, the heart chakra is the center of higher emotions such as peace, serenity, joy, compassion, kindness, gentleness, tenderness, caring, considerateness, patience, sensitivity, etc.[9]

In Pranic Healing, when you want to calm a person down or make him receptive to healing, activate the heart chakra.[10] By activating the heart chakra, the lower emotional energies can be transmuted into higher forms of emotional energies.[11]

This will give him a sense of inner peace. It will also facilitate cleansing of his solar plexus chakra.[12] This is why psychologically ill patients must practice the Meditation on Twin Hearts once or twice a day for several months. It will be better if they practice it daily for the rest of their lives. In acupuncture, a hysterical person can be calmed down by stimulating certain acupuncture points that activate the heart chakra.[13]

The activation of the heart chakra ensures that the enhanced intellectual faculty and the increase in willpower will be used properly and harmlessly.[14]

If the heart chakra is overdeveloped and the solar plexus chakra is underdeveloped, there is a tendency that other people will take advantage of you, abuse and misuse you. If the solar plexus chakra is overactivated, there

is a tendency to be too selfish, and maybe even ruthless. To become psychologically healthy, the development of the solar plexus chakra and heart chakra must be balanced.[15]

With the pervasiveness of modern education and the advancement of careers that require the use of much of the mental faculty, the throat chakra is developed in a lot of people.[16] The development of the heart chakra has been neglected, and because of this, you may encounter a person who is quite intelligent and successful in his career but is very abrasive. This type of person has not yet matured emotionally or has a heart chakra that is quite underdeveloped. Although he is intelligent and "successful," his human relationship skills may be very poor. By practicing the Meditation on Twin Hearts, a person may become harmoniously balanced.[17]

Without the development of the heart chakra in most people, world peace cannot be possible. This is why the development of the heart should be emphasized in the educational system.[18]

PHYSIOLOGICAL FUNCTIONS

The front heart chakra controls and energizes the heart and thymus gland, while the back heart chakra controls and energizes the lungs, the heart, the thymus gland and the circulatory system.[19] The back heart chakra primarily controls and energizes the lungs and, to a certain degree, the heart and the thymus gland.[20] *(See Fig. 8-3 The front and back heart chakra energizes and controls...)*

ENERGIZING THE PHYSICAL HEART THROUGH THE BACK HEART CHAKRA

Energizing the physical heart is done through the back heart chakra, through which prana can easily flow into the heart, lungs, and other parts of the body without causing the physical heart to be congested.[21] Energizing the front heart chakra directly and immediately energizes the physical heart; however, the pranic energy tends to localize and does not spread easily to other parts of the body. This may result in serious heart pranic congestion. It is therefore advisable not to intensely energize the front heart chakra for a

long period. Experienced Pranic Healers energize through the back heart chakra. This does not have a localized effect on the physical heart, because excess prana can easily flow to the other parts of the body. The whole body could be energized through the back heart chakra.[22]

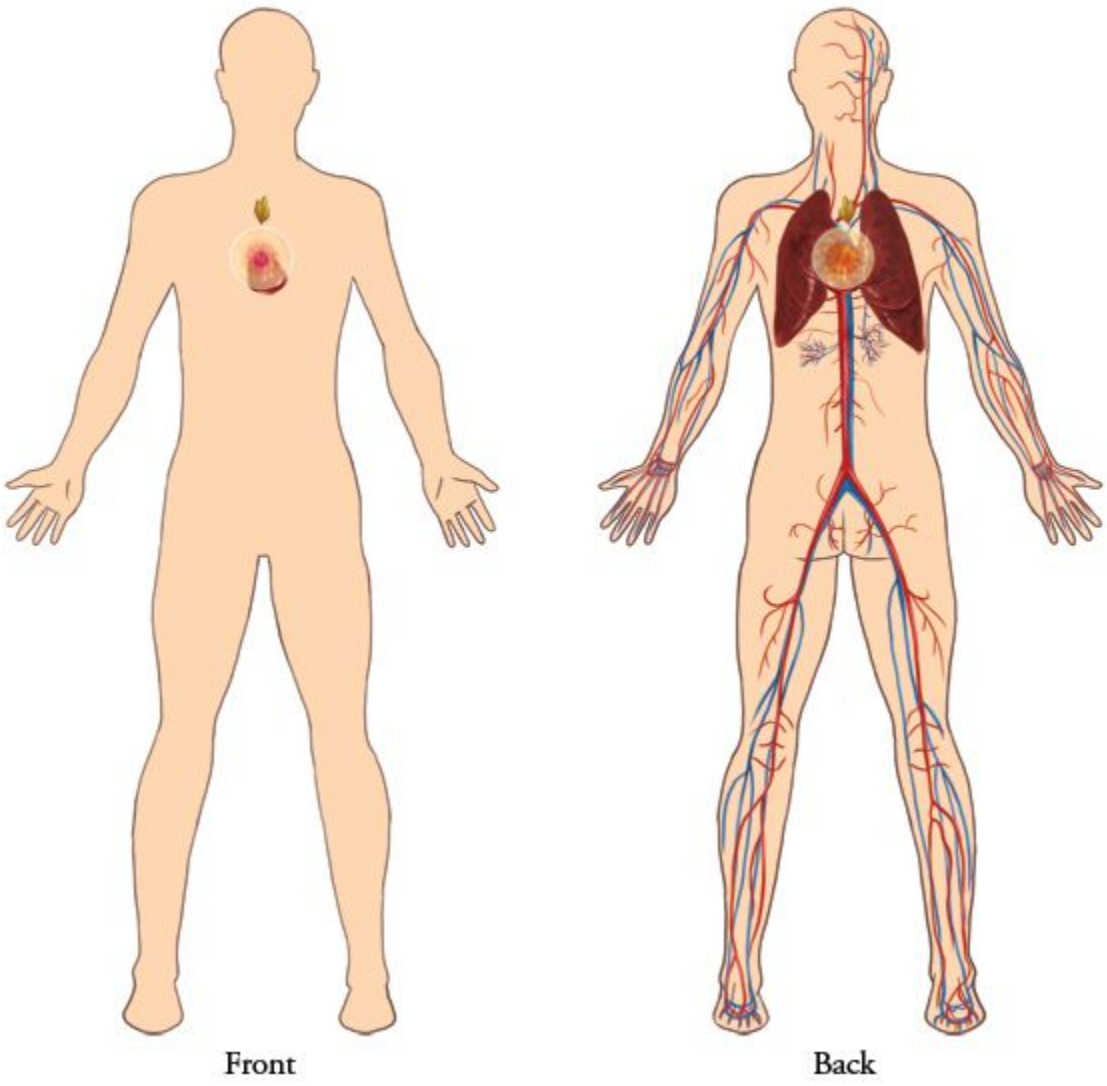

Fig. 8-3 The heart chakra

The front and back heart chakra energizes and controls the physical heart, thymus gland and the circulatory system. The back heart chakra controls the lungs.

The heart chakra also affects the ability of the body to fight infection. From a medical viewpoint, the thymus gland, which can be energized through the back heart chakra, is important in the defense system of the body.[23]

GIVING - THE WAY TO PROSPERITY

In Kabbalah, the heart chakra is also called *Gedulah*, which means "greatness" or "abundance." When a person is merciful and compassionate, he gives and shares generously. Giving is the secret of prosperity and abundance. That is why Saint Francis of Assisi said, "It is in giving that we receive." Saint Paul in 2 Corinthians 9:6 (*Lamsa's Translation*) also said, "He who sows generously shall reap also generously." And in Luke 6:38 (*King James Version*) Jesus said, "Give and it shall be given unto you; good measure, pressed down, and shaken together, and running over. . ." According to Lao Tzu in the *Tao Te Ching*, "The more he gives, the more he has." By showing compassion and mercy, and by sharing and giving, one is blessed with tremendous abundance and prosperity.[24]

LOVE AS A GATEWAY TO ILLUMINATION

The heart chakra is the emotional heart. When you love your partner, parents, children or relatives - it is the heart chakra manifesting. However, there is also a *divine heart* and this is called *crown center*, also known as *Sahasrara chakra* in Sanskrit. The crown chakra is the center of divine love, the center of divine union or yoga. Unless your crown chakra is activated, you will not experience soul realization or divine union with your higher soul. But before it can be activated, the heart chakra must be activated first. The crown chakra involves *universal love*. When a person does not have love for his own parents or relatives, how can he expect to have love for many people, including other beings?[25]

If the heart chakra is not developed, the crown chakra cannot be developed.[26]

Activation of the heart and crown is one of the fastest paths to spiritual development.

Meditation on Twin Hearts is the foundation of all other Arhatic meditations because it activates the heart and the crown.[27]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING HEART CHAKRA

Malfunctioning of the front heart chakra manifests as heart and circulatory ailments.[28] The solar plexus chakra is quite sensitive to emotions, tension and stress, and has a strong influence on the physical heart and the front heart chakra.[29] To agitate the solar plexus is also to agitate the heart chakra.[30] This is why negative emotions eventually have detrimental effects on the physical heart.[31]

The front heart chakra is closely connected to the front solar plexus chakra by several big energy channels, and is also energized by the front solar plexus chakra to a certain degree. Patients with heart problems usually have a malfunctioning solar plexus chakra.[32]

Malfunctioning of the back heart chakra manifests as lung problems such as asthma, tuberculosis, and others.[33]

In acupuncture, a hysterical person can be calmed down by stimulating certain acupuncture points that activate the heart chakra.[34]

Patients with irregular heartbeat have affected heart chakra and solar plexus chakra. Both the heart chakra and the solar plexus chakra are filled with dirty red energy. The internal cause is basically emotional in origin.[35]

AURIC CLEANSING AND ACHIEVING INNER CALMNESS

When a person does Meditation on Twin Hearts, spiritual energy comes down through the spiritual cord into the crown chakra and into the heart chakra; it radiates out into the aura, causing turbulent, noisy thoughts and emotions to be flushed out or disintegrated.[36] *This is why it is very easy to achieve calmness when doing Meditation on Twin Hearts.*[37]

For spiritual practitioners who are interested in a safe and effective method of awakening their Kundalini energy, it is advisable to use

Meditation on Twin Hearts. The spiritual energy comes down in great quantities and goes to the area near the base of the spine, partially awakening the Kundalini energy to a higher degree and also regulating and bringing it up to the higher chakras and to the crown chakra.[38] *(See Fig. 8-4 A yogi doing Meditation on Twin Hearts.)*

Fig. 8-4 A yogi doing Meditation on Twin Hearts.

As a yogi continues with his spiritual practice he will expand beyond the darkness

Meditation on Twin Hearts Procedure:

1. Cleanse the etheric body through physical exercise.
2. Invoke for Divine Blessing.
3. Do the “I Am the Soul Affirmation.”
4. Connect the tongue to the palate.
5. Activate the heart chakra by blessing the entire earth with loving-kindness.
6. Activate the crown chakra by blessing the earth with loving-kindness.
7. Meditate and bless the earth with loving-kindness simultaneously through the heart and crown chakras.
8. Meditating on the light, on the mantra OM or Amen on the interval between the two OMs or Amens.
9. Release excess energy by blessing and rooting.
10. Give thanks.
11. Further releasing excess energy through more physical exercises and massaging.[39]

Please read *Achieving Oneness with the Higher Soul* also by the author for details on how to do the Meditation on Twin Hearts properly.

When you start meditating, you have to keep your body clean.[40] Physical purification includes proper diet, physical exercises and breathing exercises.[41]

This will also facilitate the assimilation of fresh pranic and spiritual energies, thereby *enhancing the beauty and health of the practitioner*.[42]

For those who intend to practice Meditation on Twin Hearts regularly, the following will have to be avoided:

1. Eating pork, eel and catfish
2. Smoking
3. Excessive consumption of alcoholic drinks
4. Addictive and hallucinogenic drugs

Eating pork, eel and catfish while doing this meditation regularly may result in Kundalini syndrome. Pork oil or lard should definitely be avoided.[43]

More important than physical purification is inner purification. How do you practice this? Watch what you think, feel and say. This is the essence.[44]

Character-building is very important because it is a way to purify the soul. As you purify yourself thoroughly, your soul will be able to function on a higher level of consciousness.[45]

Inner purification or character building is an absolute necessity. Without inner purification or character building the weaknesses of a person will become so magnified, the person becomes worse instead of better.[46]

Loving-Kindness & Non-injury

Loving-Kindness

a.
Physical

- helpful and charitable
- courteous

b. Verbal

- supportive and nurturing
- inspirational and instructive
- courteous

c. Emotional and Mental

- mentally and emotionally supportive and nurturing or blessing

Non-Injury

a.
Physical

b. Verbal

• harsh words, slanderous words or excessive verbal criticism

c. Mental

• excessive mental criticism, enviousness

Balance Mercy with Severity
Balance Forgiveness with Justice

Generosity & Non-Stealing

Generosity

a.
Physical

• tithing
• generosity
• helpfulness

b. Emotional

• warmness
• nurturing
• being supportive

c. Mental

• teaching

d. Spiritual

• blessing

Non-stealing

a. Materially and financially
b. Affection
c. Credits and merits of others
d. Intellectual property: printed, audio and video work

Objectivity (Honesty) & Non-Falsehood

Accurate Perception and Correct Expression

a. Honesty: avoid all unnecessary lies
b. Self honesty and Non-conceitedness
c. Discrimination and Prioritizing
d. Accurate Perception & Correct Expression

- scientific experiments & technology
- proper management
- calmness & skillfullness under crisis
- foresight
- wisdom

e. Different Levels of Truth

- 1st level -- Tama
- 2nd level -- Wasto
- 3rd level -- Tumpak

(See Fig 8-5 Levels of truth)

Non-Falsehood

a. Malicious deception or lies
b. Pride or conceitedness
c. Blind belief
d. Scientific and religious superstitions

Constancy of Aim and Effort & Non-Laziness

a. Regular practice of meditations at a definite time and place
b. Regular schedule of studies and service
c. Work responsibilities
d. Family responsibilities

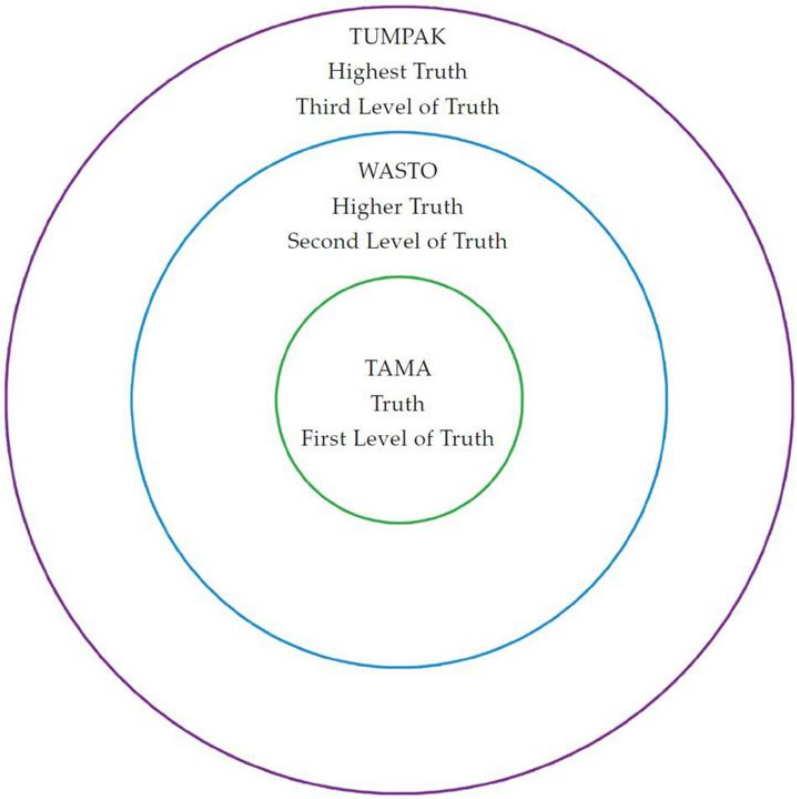

Fig. 8-5 Levels of truth.

There are different levels of truth and under these levels of truth are different facets of truth. For example, let us say that circle A is the first level of truth; in Pilipino, this is called *tama*. Circle B which contains part of circle A is the higher level of truth and is called *wasto* in Pilipino. Circle C which contains circles A and B is the highest level of truth. It is called *tumpak* in Pilipino.

Truth is not only limited to three levels. There could be many levels of truth. Truth is dynamic. It is not static.

Moderation (Self-Mastery) & Non-Excessiveness

Moderation

a. *Work*
b. *Recreation*

- Fun
- Food
- Drinks
- Rest

c. *Relaxation*

The Golden Rule & Five Virtues

a. Five Virtues
b. Yang Golden Rule
c. Yin Golden Rule[47]

Character building can be summarized by the three rules of Zoroaster:

1. Good thought, including good emotion
2. Good speech
3. Good action[48]

Character building can also be summarized in the teaching of Lord Buddha. In the first five of the Eight Noble Path:

Accurate inner perception
1. Right viewpoint

Correct expression
2. Right thoughts
3. Right speech
4. Right action

5. Right livelihood

In the Christian tradition, character building is summarized by the Lord Jesus who said, “Do not murder. Do not commit adultery. Do not steal. Do not testify falsely. Honor your father and mother. Love your neighbor as you love yourself.” (Matthew 19:8)[49]

The Golden Rule is another basic teaching common to all religions of the world. The Golden Rule states, “Do not do unto others what you do not want others to do unto you.” In its reverse form, it says, “Do unto others what you want others to do unto you.” *The Golden Rule is actually the spiritual technique to create your future and destiny.*[50]

The Golden Rule, when applied positively and negatively (yang and yin), will produce harmony and prosperity and will protect you from the vicissitudes of life. *When applied by most people and nations, it will bring about world peace*.[51]

EQUIVALENT ACUPUNCTURE POINT

Front heart chakra: In Chinese medicine, it corresponds to the acupuncture point RN (CV) 18.

Back heart chakra: In Chinese medicine, it corresponds to the acupuncture point DU (GV) 10.[52]

TAOIST AND INDIAN CORRESPONDENCE OF THE HEART CHAKRA

In Taoist yoga, the front heart chakra corresponds to *yu tang*, which means “hall of jade.” The Sanskrit term for the front heart chakra is *Anahata chakra*. In Tamil (Southern India), its correspondence is *Kadhir*.

The back heart chakra, in Taoist yoga, corresponds to *ling tai*, which means “divine or spirit’s platform” or “Temple of the Soul.” In Tamil, the correspondence of the back heart chakra is *Mel kaala varmam*.[53]

CHAPTER 9

The Throat Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Throat Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Throat Chakra

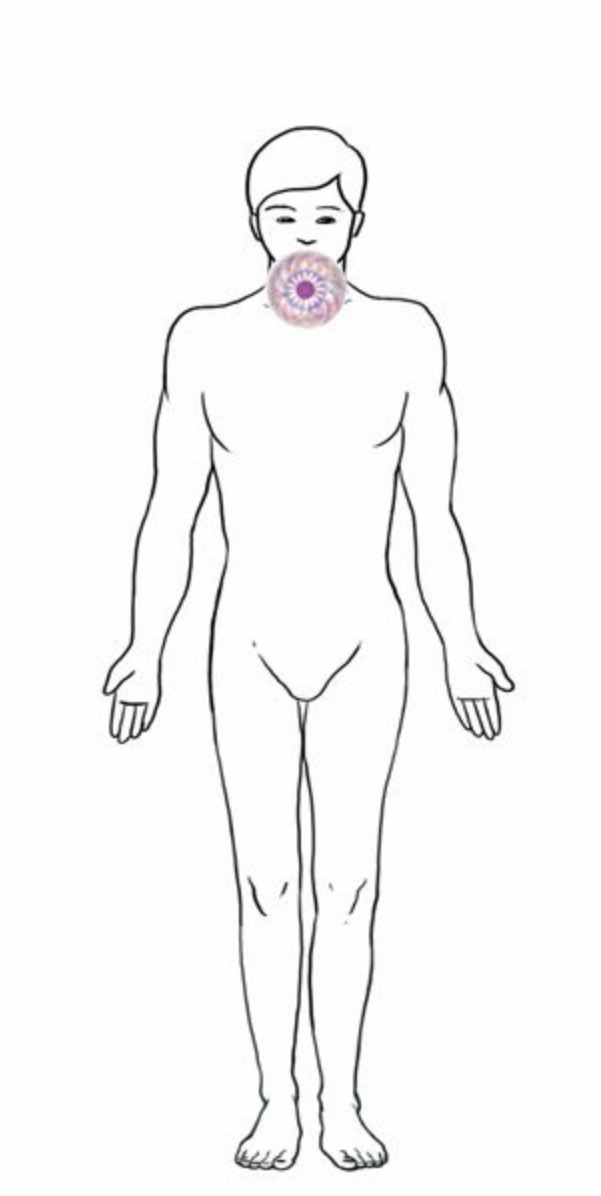

Fig. 9-1 Throat Chakra

LOCATION

The *throat chakra* is located at the center of the throat.[1]

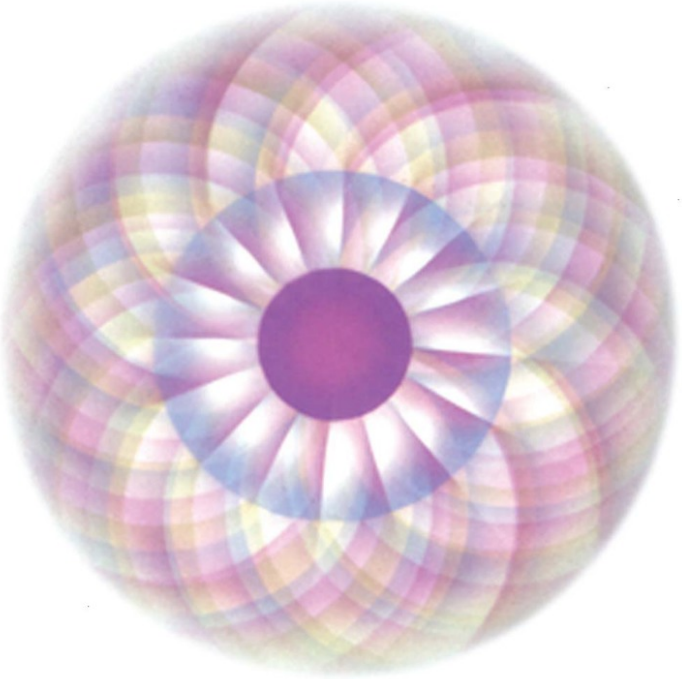

Fig. 9-2 Throat Chakra.

DESCRIPTION

It has sixteen petals and contains predominantly blue prana with some green and violet pranas.[2]

SPIRITUAL FUNCTIONS

The throat chakra in *Kabbalah* means "knowledge."[3] It is also the center for higher creativity.[4]

For a person trying to develop spiritually, its role is being a spiritual bridge to the higher world.[5]

Associated with the throat chakra is a very important teaching necessary for one's spiritual development: What comes out of the mouth is more important than what goes in. This is implied in *Mark* 7:15-22 and *Ephesians* 4:29. If what goes into the mouth is dirty, it just dirties the physical body. If what comes out of the mouth is dirty, it dirties the soul. It is of great importance to practice "pure thoughts" and "pure speech" rather than put excessive emphasis on "clean" food.[6]

PSYCHOLOGICAL FUNCTIONS

The throat chakra is the center of the concrete mind or the lower mental faculty.[7] It is through the use of the throat chakra or the concrete mind that a person acquires knowledge.[8]

The throat chakra is the center of the lower mental faculty or the concrete mind. It is used when meticulous details are involved in such activities as studying, planning, painting, etc.[9] The throat chakra is also the center of higher creativity, while the sex chakra is the center of "physical creativity" or procreation. When the throat chakra is quite strong and active, the sex chakra is also quite strong. This is why artists or creative people have strong sexual drives. However, sex energy can be sublimated by bringing it up to the throat chakra.[10]

Many artists, successful politicians and businessmen have highly developed throat and sex chakras. This explains why some of them tend to have sexual affairs. It is impossible for a person to be highly creative and still have an underactivated sex chakra, be impotent or frigid. For the throat chakra to be highly activated, it is necessary for the sex chakra to be strong. But the reverse is not necessarily true. A highly activated sex chakra does not necessarily mean a highly activated throat chakra.[11]

PHYSIOLOGICAL FUNCTIONS

The throat chakra controls and energizes the throat, voice box or larynx, air tube or trachea, thyroid glands, parathyroid glands and the lymphatic system.[12] To a certain degree, it also influences the sex chakra.[13] *(See Fig. 9-3 The throat chakra.)*

The throat chakra, secondary throat chakra and jaw minor chakras control and energize the mouth, salivary glands and esophagus.[14]

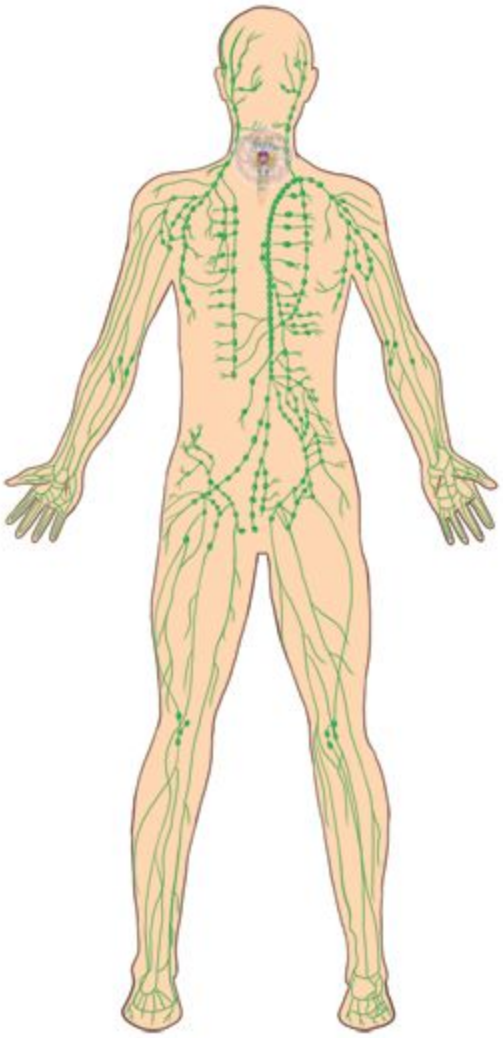

Fig. 9-3 The throat chakra

The throat chakra controls and energizes the physical throat, thyroid glands, parathyroid glands and the lymphatic system. To a certain degree it also influences the sex chakra.

The jaw minor chakras, the throat chakra and the secondary throat minor chakra affect and energize the carotid arteries going to the head.[15]

Since the throat chakra also controls the mouth, and the mouth is used for chewing and digesting food, a lot of green prana is produced in a person when he is eating.[16] Green prana has a breaking-down effect.[17]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING THROAT CHAKRA

Depletion of the sex chakra will cause the throat chakra to become partially depleted.[18] Malfunctioning of the throat chakra manifests as throat-related ailments such as goiter, sore throat, loss of voice, asthma, sterility, etc.[19]

In asthma the throat chakra, the secondary throat minor chakra, the back heart chakra and the basic chakra are affected. The air tubes are constricted. Sometimes, asthma is caused by emotional factors. If the patient is not able to express freely due to relationship problems, the trachea or the windpipe will most likely be constricted.[20]

Sometimes, shoulder pain could be caused by tension or emotional problem which affects the solar plexus chakra and the throat chakra. Malfunctioning of the throat chakra may affect the armpit minor chakra which manifests as shoulder pain.[21]

With infants or small children, vomiting is sometimes caused by throat irritation; therefore, the throat chakra and the secondary throat minor chakra have to be treated.[22]

In hyperthyroidism the solar plexus chakra is congested and filled with dirty red energy. Part of this diseased energy goes to the throat chakra, causing the throat chakra to become reddish and overactivated. The ajna chakra is partially affected and contaminated with dirty red energy. Upon scanning the throat chakra, the healer may feel that it is relatively small and underactivated. This may be because the patient has already taken medication for quite some time which has inhibited the throat chakra. This is why, sometimes, a patient with hyperthyroidism may end up having hypothyroidism.[23]

When a person worries too much, the throat chakra is overactivated. This manifests as the mind becoming overmeticulous.[24]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point RN (CV) 23.[25]

TAOIST AND INDIAN CORRESPONDENCE OF THE THROAT CHAKRA

In Taoist yoga, the throat chakra corresponds to *lianquan*, which means “stream of purity” or “clear fountain.”

The Sanskrit term for the throat chakra is *Vishuddhi chakra*. In Tamil (Southern India), it is called *Ottu varmam*.[26]

CHAPTER 10

The Ajna Chakra

Location
Description
Spiritual Functions
Psychological Functions
Types of Will
Physiological Functions
Some Conditions as a Result of a Malfunctioning Ajna Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Ajna Chakra

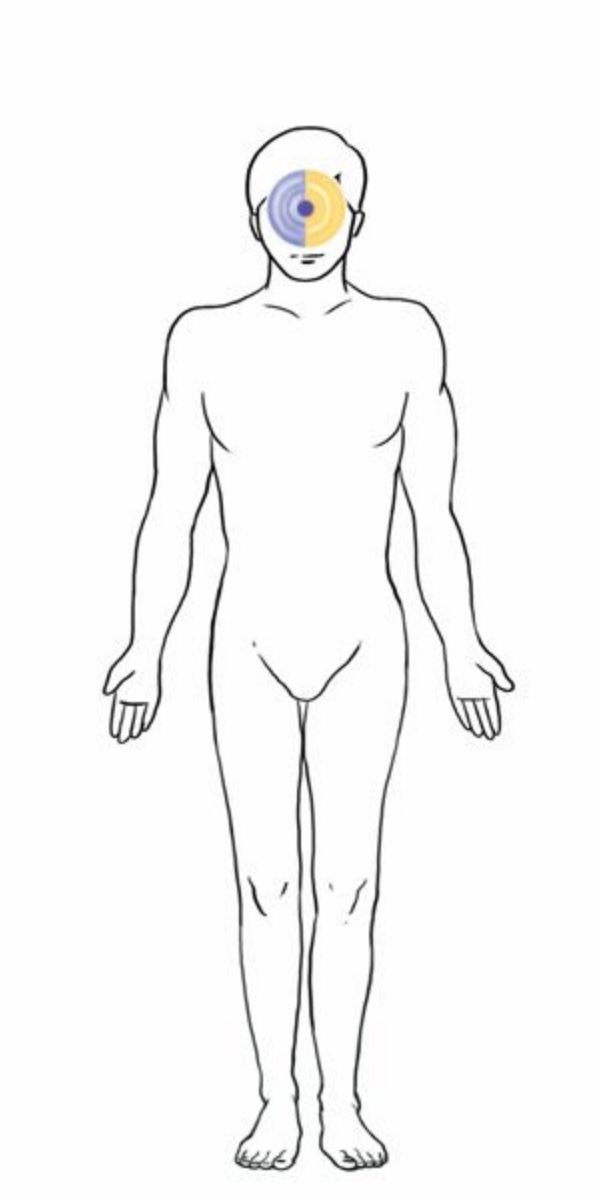

Fig. 10-1 Ajna Chakra

LOCATION

The *ajna chakra* is located at the area between the eyebrows.[1]

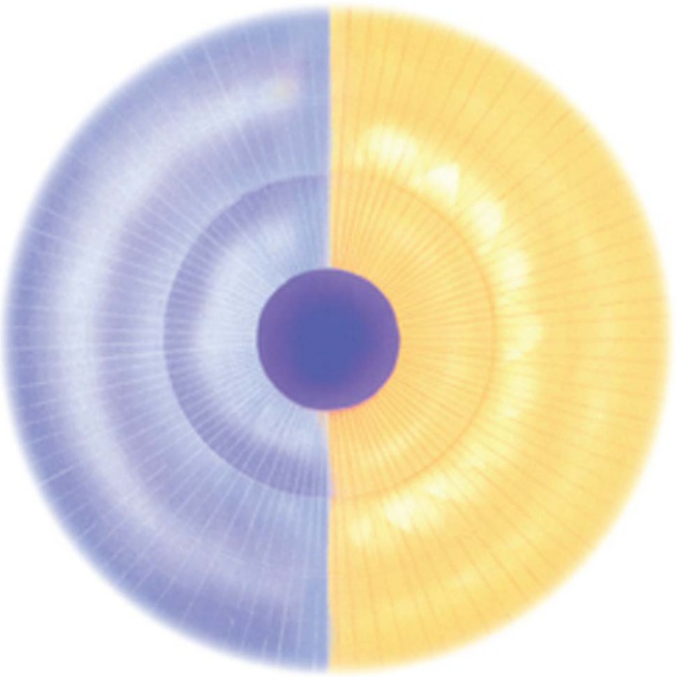

Fig. 10-2 Ajna Chakra.

DESCRIPTION

The ajna chakra has ninety six petals, and has two divisions, each having forty eight petals. In some persons, one division is predominantly light yellow, and the other division is predominantly light violet. Others have whitish green in one division and light violet in the other. The predominant color pranas in the ajna differ from person to person, and the colors change according to a person's psychological state.[2]

SPIRITUAL FUNCTIONS

The ajna chakra is the center of higher mental faculty - the higher type of will. The ajna chakra is closely interconnected to the solar plexus - the center of emotional will and the crown chakra which is the center of universal love.[3]

A lot of people have unregulated emotions. To overcome this problem, the ajna chakra must be activated. This will enable the person to regulate his thoughts and emotions.[4]

It is advisable for a Pranic Psychotherapist to activate the ajna chakra of a psychologically imbalanced person to facilitate a greater degree of self-control.[5]

PSYCHOLOGICAL FUNCTIONS

The ajna chakra is responsible for understanding abstract concepts and principles.[6] This is why the ajna chakra is called “understanding” (in Kabbalah). It has a directive function. The combination of understanding and directing others manifest as active intelligence. Active intelligence is very different from sterile intelligence. You may encounter people who seem to be intelligent and you may be impressed when they talk, but they are not productive. They do not produce results. This is an example of sterile intelligence. The proper function of the ajna chakra manifests as *intelligence in motion* or *dynamic intelligence*. Some executives have sufficiently developed ajna chakras. Executives in Europe are called “directors” because they direct activities of people under them. In the United States they are called “executives” or “managers” because they use their intelligence to manage resources and people. Their function is to manifest active intelligence. Their job is to make others produce results.[7]

When the ajna chakra is strong, an individual can be under tremendous stress and still smile![8]

TYPES OF WILL

The ajna chakra is the center for active directing will, which is based on intelligence.[9] It is intelligent will - the higher type of will. The solar plexus chakra is the center of emotional drive or the emotional will - the lower type of "will." The strength of the masses comes predominantly from the solar plexus, while that of a refined, highly developed person comes predominantly from the ajna chakra, directing the solar plexus chakra. They affect each other.[10]

Intuition is knowing through direct inner perception. This wisdom or knowingness must be translated or stepped down into concepts, principles, and words. This manifests as the ajna chakra or understanding. Knowing something through intuition requires only seconds or minutes. But translating intuition into understanding, manifesting as concepts, principles, and words may take weeks, months or years. The difficult task is translating these overwhelming visions or inner impressions into words that can be understood by the common people or at least by the intelligentsia.

Intuition corresponds to the forehead chakra. Physiologically, it corresponds to the pineal gland, the right brain, which is the intuitive brain, and the left eye and ear. Understanding corresponds to the ajna chakra. Physiologically, it corresponds to the pituitary gland, the left brain, which is the rational brain, and the right eye and ear. The right brain controls the left eye and ear, and the left parts of the body.[11]

PHYSIOLOGICAL FUNCTIONS

The ajna chakra controls and energizes the pituitary gland, the endocrine glands, and energizes the brain to a certain extent. It is called the "master chakra" because it directs and controls the other major chakras and their corresponding endocrine glands and vital organs. It also affects the eyes and the nose.[12] *(See Fig. 10-3 The ajna chakra.)*

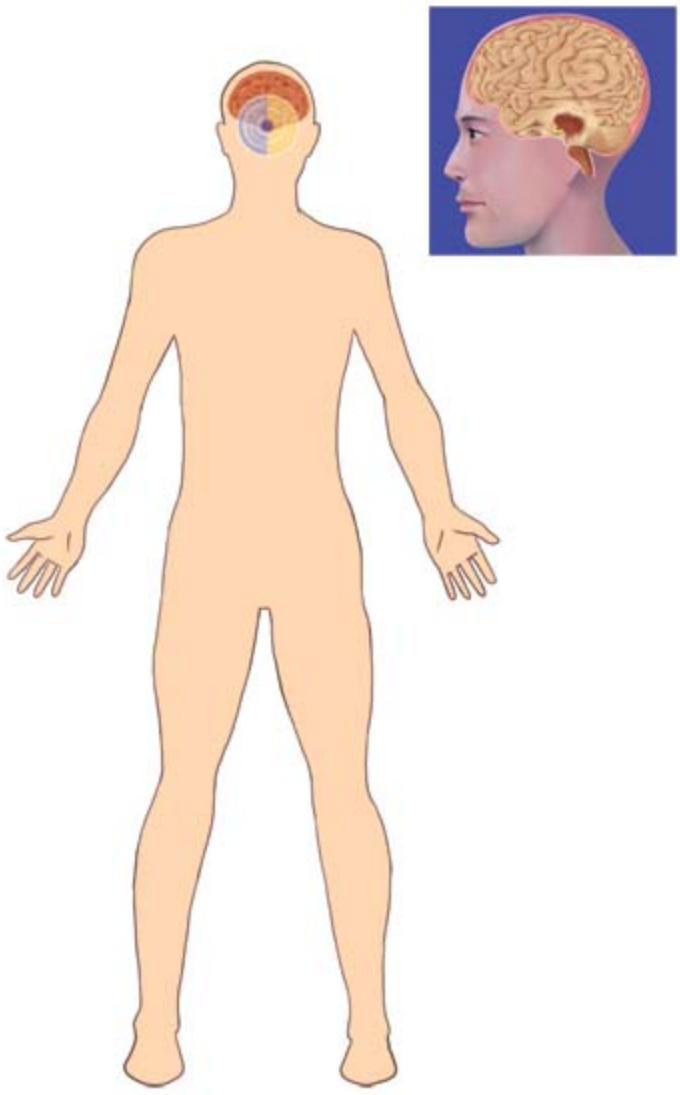

Fig. 10-3 The ajna chakra

The ajna chakra controls and energizes the pituitary gland, the endocrine glands and the brain, eyes and nose to a certain extent. It is the master chakra because it controls the other major chakras.

The right eye and ear are influenced and energized more by the ajna chakra.[13]

The ajna chakra, which is the master chakra, controls the basic chakra; therefore, it also influences the health of the skin.[14]

The forehead and ajna chakras facilitate the flow of electric violet pranic energy to other parts of the body. The ajna chakra ensures that the other chakras work harmoniously with each other.[15]

Energizing the ajna chakra causes the whole body to be energized also but the mechanism is different from that of the crown and the forehead chakras. Instead of the usual funneling effect, energizing the ajna chakra causes the other chakras to light up in a certain rapid sequence, thereby energizing the whole body. That is why in divine healing, the healers touch with their fingers or palms either the crown, the forehead, or the ajna chakra of the patients. The sudden intense rushing in of prana into the head area causes some patients to lose consciousness.[16]

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING AJNA CHAKRA

The malfunctioning of this chakra manifests as diseases related to the endocrine glands.[17]

In some cases, middle and inner ear infections could be caused by stuffy nose. Therefore, the ajna chakra may have to be treated.[18]

If the sinusitis is chronic and acute, the solar plexus chakra is usually congested with dirty red energy and is overactivated. Part of the dirty congested red energy goes to the ajna chakra, causing the nasal sinuses to be susceptible to infection and inflammation.[19]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point M-HN3.[20]

TAOIST AND INDIAN CORRESPONDENCE OF THE AJNA CHAKRA

In Taoist yoga, the ajna chakra corresponds to *yin tang*, which means “hall of impressions.”

Ajna chakra is a Sanskrit term. In Tamil (Southern India), its correspondence is *Thilardha varmam.*[21]

CHAPTER 11

The Forehead Chakra

Location
Description
Spiritual Functions
Psychological Functions
Physiological Functions
Forehead Chakra and the Third Eye
The Third Eye and the Chinese Esoteric Tradition
Some Conditions as a Result of a Malfunctioning Forehead Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Forehead Chakra

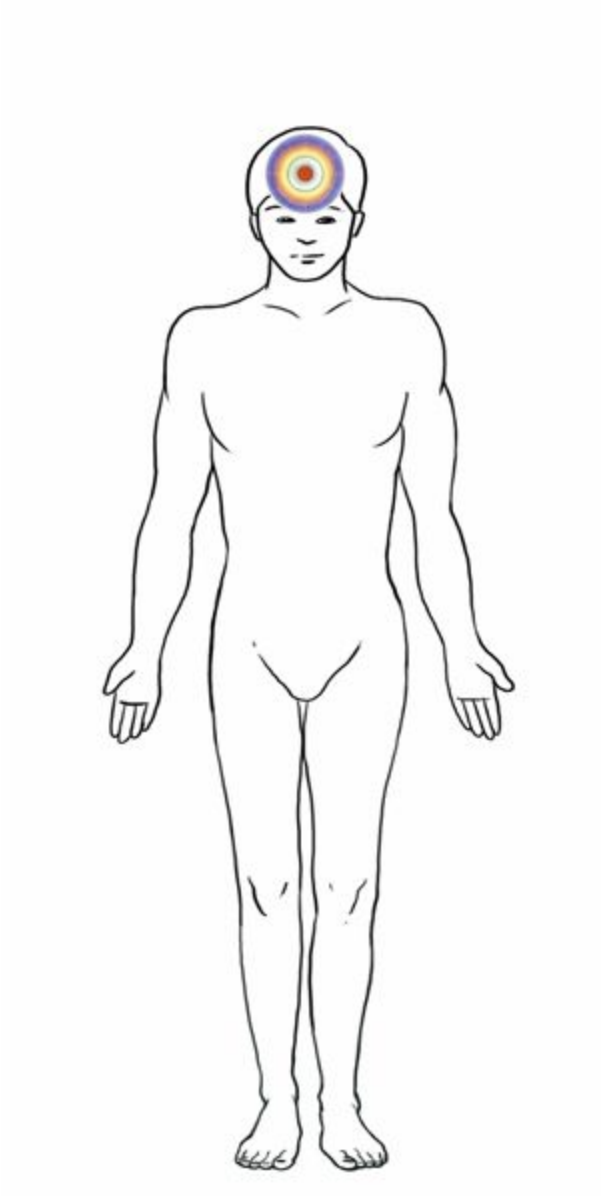

Fig. 11-1 Forehead Chakra

LOCATION

The *forehead chakra* is located at the center of the forehead.[1]

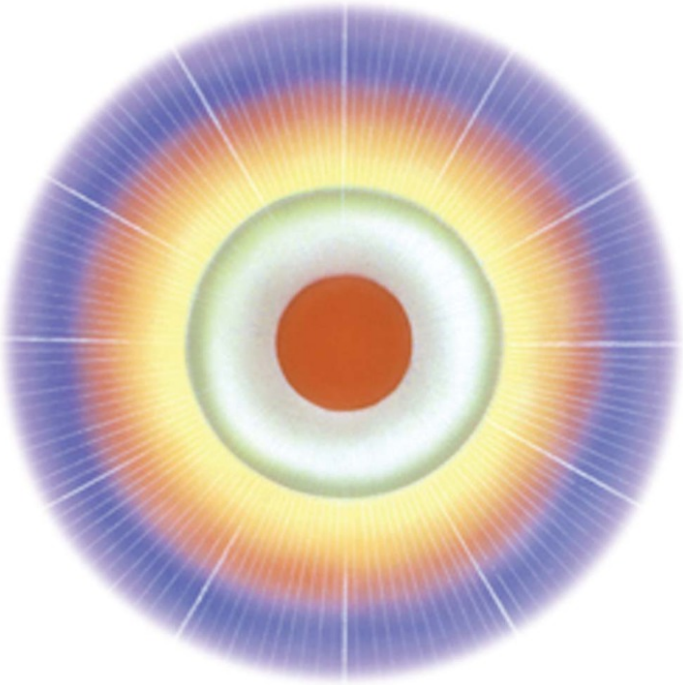

Fig. 11-2 Forehead Chakra.

DESCRIPTION

The forehead chakra has one hundred forty four petals with twelve divisions. Each division has twelve petals and contains light violet, blue, red, orange, yellow, and green pranas.[2]

SPIRITUAL FUNCTIONS

The forehead chakra is the center of lower buddhic or cosmic consciousness. It is the center of wisdom or lower intuition. The activation of the forehead gives one access to the spiritual world.[3]

What is the difference between the higher intuition of the crown chakra and the lower intuition of the forehead chakra? Both of them correspond to the faculty of direct inner perception or intuition. In the case of the crown chakra, it is direct inner perception without form. It is pure knowing. Direct knowing without inner visions or sounds is higher intuition. On the other hand, the forehead chakra is direct inner perception with form.

Direct knowing with clairvoyancy is lower intuition. Forehead chakra is the center of higher clairvoyancy. It gives a person the ability to see truth using the third eye or the spiritual eye. The real third eye is on the forehead chakra, not on the ajna chakra. Lower clairvoyancy uses the lower chakras.

In esoteric Buddhism where the teachings are orally taught or telepathically transmitted, the forehead chakra is called the “lower Buddhichitta,” while the crown chakra is the “higher Buddhichitta,” or simply Buddhichitta.[4]

PSYCHOLOGICAL FUNCTIONS

The ajna chakra corresponds to the intellect, while the forehead chakra corresponds to intuition.[5]

The intelligentsia uses predominantly the intellect and sometimes they don’t even recognize the existence of the intuition. They consider it as not rational and not objective. Geniuses use intuition and are far superior to the intelligentsia and the masses. A genius uses intuition to know the truths and extracts secrets from Mother Nature; he uses the intellect to validate or check what has been learned intuitively. A genius is one who uses both intuition and intellect in a coordinated, effective and objective manner. It is the purpose of the human race to eventually develop the intuition.[6]

PHYSIOLOGICAL FUNCTIONS

The forehead chakra controls and energizes the pineal gland and the nervous system.[7] Energizing this chakra has a similar funneling effect like the crown chakra, causing the whole body to be flooded with prana.[8] *(See Fig. 11-3 The forehead chakra controls and energizes the pineal gland and the nervous system)*

The left eye and ear are influenced and energized more by the forehead chakra and crown chakra.[9]

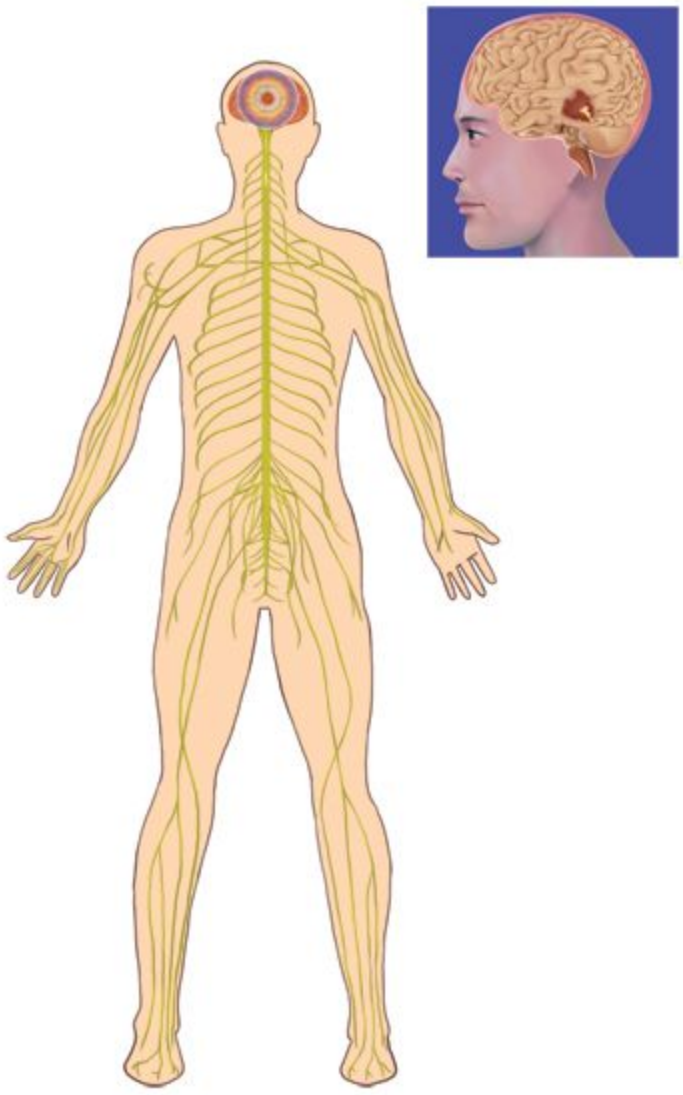

Fig. 11-3 The forehead chakra

The forehead chakra controls and energizes the pineal gland and the nervous system.

FOREHEAD CHAKRA AND THE THIRD EYE

The forehead chakra is the center of wisdom or the lower intuitive center. Wisdom is knowing through "direct inner perception" accompanied by inner vision. The forehead chakra is the third eye. With the use of the third eye, one can see the true nature of things or events. *(See Fig. 11-4 The forehead chakra)* One can understand the nature of an object just by direct inner seeing, without having to study, without having to use logic and reason. One just simply sees with the "inner eye" and knows. King Solomon asked for wisdom (1 Kings 3:11, *Lamsa's Translation)*. He was given the power to discern the quality of the heart of a person without having to use logic or reason. All he had to do was to see with his third eye, which was located on his forehead, and he would know whether a person was guilty or not.[10]

THE THIRD EYE AND THE CHINESE ESOTERIC TRADITION

Ancient Chinese character is pictographic in nature. The ancient Chinese character for "to see" or "to look" is [ ] an eye with two legs. As time passed by, the Chinese character became more angular and stylistic. The Chinese character for "to see" or "to look" became like this [ ]. The upper part of the character symbolizes the eye, and the lower part the legs. This character is very strange because when you examine it closely you will notice that the eye, instead of being horizontal, is vertical. Obviously, the ancient Chinese sage was hinting on the third eye. If one wants to have a deeper comprehension, it is important to investigate not only with the physical eyes, but also with the third eye. In many Chinese and oriental artworks, you will notice that the third eye is actually located on the forehead, and not between the eyebrows. In many so-called *New Age* literature, the third eye is supposedly located between the eyebrows. This is incorrect. This is a "blind" that has been put up by the earlier *gurus* to

prevent immature seekers from knowing the real location of the third eye. The condition has changed. The truth is hereby revealed.[11]

Fig. 11-4 The third eye

The forehead chakra is the third eye enabling one to see the true nature of things or events.

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING FOREHEAD CHAKRA

Malfunctioning of the forehead chakra manifests as ailments of the nervous system.[12] For example, loss of memory, paralysis and epilepsy.[13] In epilepsy the solar plexus chakra is congested and overactivated. The forehead, ajna, and back head chakras are adversely affected.[14]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point DU (GV) 24.[15]

TAOIST AND INDIAN CORRESPONDENCE OF THE FOREHEAD CHAKRA

In Taoist yoga, the forehead chakra corresponds to *shen ting*, which means “hall of the divine.”

The forehead chakra in the Indian oral tradition is called the *Lalaata chakra*. In Tamil (Southern India), it is called *Kumbidu kaala varmam*.[16]

CHAPTER 12

The Crown Chakra

Location
Description
Spiritual Functions
The Blue Pearl
Psychological Functions
Physiological Functions
Some Conditions as a Result of a Malfunctioning Crown Chakra
Equivalent Acupuncture Point
Taoist and Indian Correspondence of the Crown Chakra

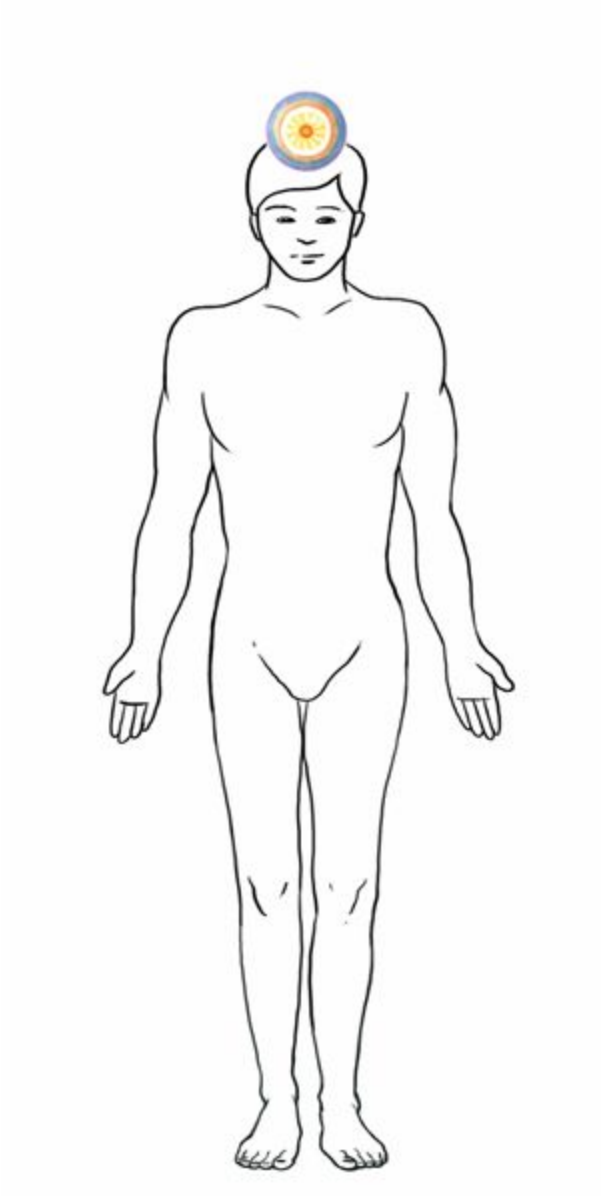

Fig. 12-1 Crown Chakra

LOCATION

The *crown chakra* is located at the top of the head.[1]

Fig. 12-2 Crown Chakra.

DESCRIPTION

The crown chakra has two sets of petals: the 12 inner petals contain predominantly golden prana, and the 960 outer petals contain light violet, blue, yellow, green, orange, and red pranas.[2]

SPIRITUAL FUNCTIONS

The crown chakra is the center of spiritual consciousness and divine oneness. It is also called the “center of higher buddhic or Christ consciousness.” In psychology, it is called “cosmic consciousness.” Through the crown chakra, a person experiences the expanding of consciousness, illumination and divine oneness. It is through this chakra that one feels loving-kindness for all. The crown chakra is also the center of universal love, which manifests as the will to love or the will to do good.

The crown chakra is also the center of illumination or self-realization. This is the meaning of yoga: it is union. Union with what? Union with one’s higher soul; eventually, and inevitably, it is oneness with all. It is through the crown chakra that one experiences the Buddha Nature within and oneness with the higher soul.[3]

The ajna chakra or understanding is the center of intelligent will, while the solar plexus is the center of emotional will.[4] According to many books on Kabbalah, the crown chakra is supposed to be the will center. This seems to be in conflict with what the author has just stated. Kabbalah is an abstruse subject. What then is the crown chakra? The crown chakra is the center of universal love, manifesting as the *will* to love, the *will* to manifest goodness, and the *will* to do good. The crown chakra is the center of the right divine motive. When the crown has been substantially activated, it will unceasingly drive the spiritual disciple to serve others, to become a servant, a divine servant, a servant of God.[5]

Compassion is a path to oneness. It activates the crown chakra which facilitates the achievement of divine oneness.[6]

THE BLUE PEARL

The blue pearl is lodged in the crown chakra and in the pineal gland.[7] The blue pearl is called *Manon Mani* which literally means “mental jewel.” In esoteric terminology, *Manon Mani* is called the mental permanent seed or the seed of consciousness. Therefore the crown chakra is a very important spiritual center.[8]

The crown chakra is rooted in the pineal gland. Inside the pineal gland is the "seed of consciousness" which looks like a blue pearl.[9]

For more information about the blue pearl please read *Achieving Oneness with the Higher Soul* formerly called *Meditations for Soul Realization* by the author.

PSYCHOLOGICAL FUNCTIONS

The crown chakra is the center of higher intuition or the higher buddhic faculty. This faculty, when fully developed, manifests as "direct knowing" or "direct inner perception." It is knowing without having to study. What is learned through the buddhic faculty in a few minutes will require weeks, if not months, to put into words. A person with only a developed mental faculty will have to unravel or plow through a problem; whereas, a person with even only a partially developed buddhic faculty has a quick overall grasp of the problem and its possible solutions.[10]

Unfortunately, our present educational system does not encourage the development of the intuition, on the grounds that the solution or conclusion is not rationally arrived at. Direct perception or intuition is not logical or rational. The truth is that the intuitive faculty is beyond logic; it transcends logic and the rational mind.[11] In Buddhism, direct inner perception or intuition is called *Buddhichitta*.

The crown chakra is the intuitive center. What is intuition? What is the difference between intuitive intelligence and mental intelligence? The difference is similar to a man who can see and a man who is blind. If a blind man wants to know an elephant, he has to touch it for quite some time, gather data and process them to have an idea of the shape of the elephant. A person who has eyes to see will simply open his eyes and will know exactly what an elephant looks like and will say, "That is an elephant." Intuitive intelligence is just like opening your eyes and saying, "I know what that is." Mental intelligence requires the study and the use of logic through inductive and deductive reasoning.

Many scientific discoveries are made through intuitive intelligence. Ideas simply flash in the minds of some scientists. Many good businessmen have intuitive intelligence. They "look" at certain transactions and they go straight to the point in executing plans. The prolonged practice of the

Meditation on Twin Hearts helps a person in his ability “to see” and “to penetrate” very quickly. People with intuitive intelligence will become very superior.[12]

PHYSIOLOGICAL FUNCTIONS

The crown chakra controls and energizes the pineal gland, the brain, and the entire body.[13] Modern scientific research shows that the pineal gland is connected with aging and anti-aging processes.[14] *(See Fig. 12-3 The crown chakra)*

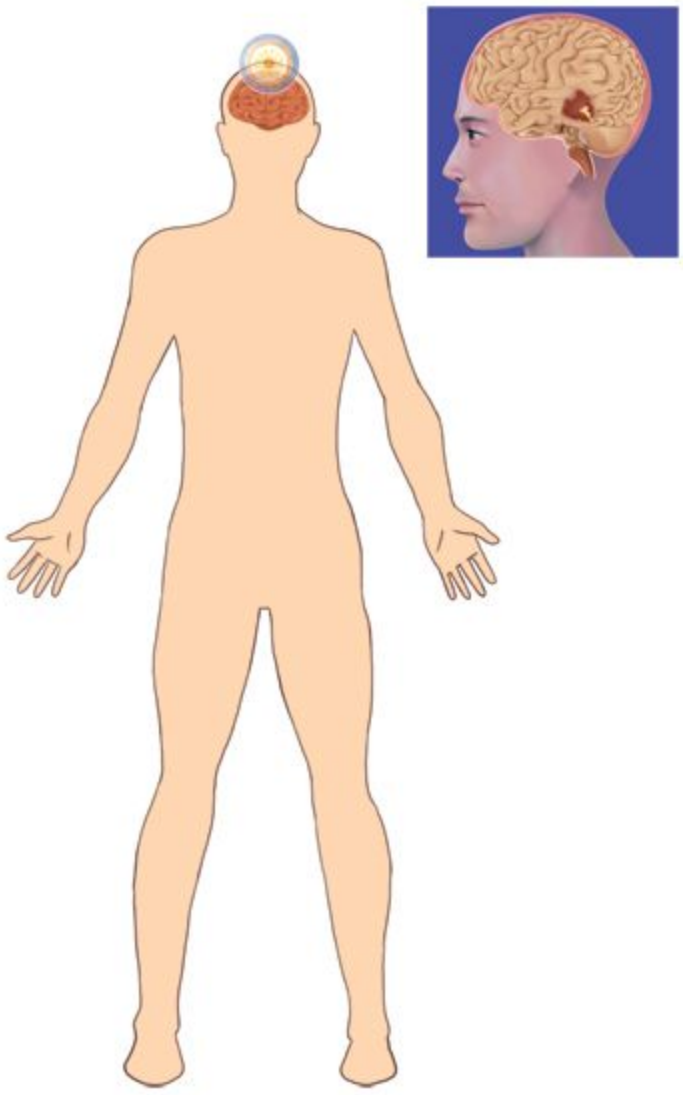

Fig. 12-3 The crown chakra

The crown chakra controls and energizes the pineal gland, the brain and the entire body.

SOME CONDITIONS AS A RESULT OF A MALFUNCTIONING CROWN CHAKRA

Malfunctioning of this chakra may manifest as diseases of the pineal gland and the brain, which may manifest as physical or psychological illnesses.[15]

EQUIVALENT ACUPUNCTURE POINT

In Chinese medicine, it corresponds to the acupuncture point DU (GV) 20.[16]

TAOIST AND INDIAN CORRESPONDENCE OF THE CROWN CHAKRA

In Taoist yoga, it is known as *bai hui*, which literally means "meeting point for the hundreds." *Bai hui* is the entry point of *Tian* [God] *chi*. The downpouring of the spiritual energy or *Tian chi* is called in Christian terminology the "descent of the Holy Spirit." Therefore, the crown chakra is a very important spiritual center.

A certain degree of physical and psychological preparations is needed to activate the crown chakra.

To tread the spiritual path without inner and outer purifications will adversely affect the physical body and will eventually result also in psychological imbalance. This is the meaning of the verse in Matthew 9:17, "Do not put new wine in an old wine bag."

The Sanskrit term for crown chakra is *Sahasrara chakra*. In Tamil (Southern India), it is called *Poottellu varmam*.[17]

CHAPTER 13

The Twelfth Chakra

Location
Description
The Incarnated Soul
The Stages of Growth of the 12th Chakra
More About the Incarnated Soul

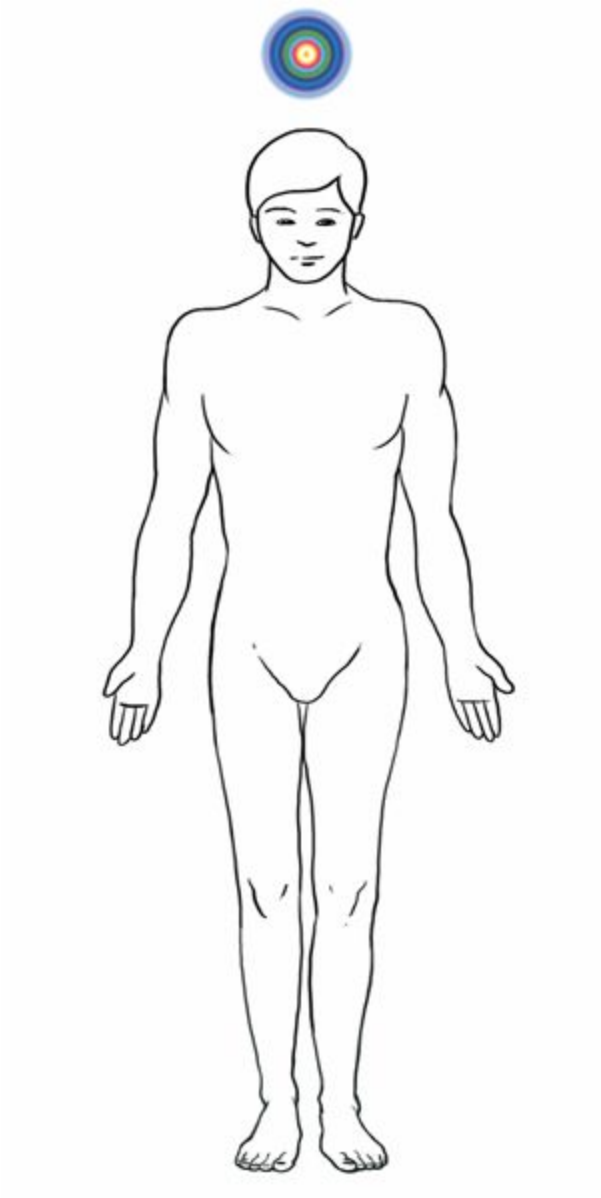

Fig. 13-1 The Twelfth Chakra

LOCATION

On the seventh month, the incarnated soul is supposed to be lodged in the fetus. On what part of the "body" is the incarnated soul lodged? The incarnated soul is lodged in the 12th chakra which is one foot above the head.[1]

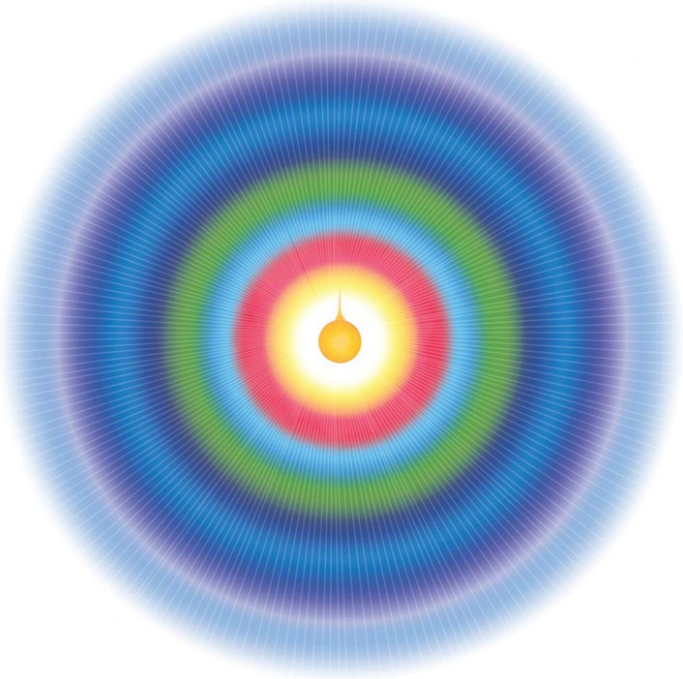

Fig. 13-2 The Twelfth Chakra.

DESCRIPTION

The 12th chakra looks like a golden star. Sometimes it is called the “Soul Star.” When a person becomes spiritually more mature, the golden star *evolves* into a golden pearl, a golden ball, a golden bud, or a golden flame.[2] When it is activated, it is called the Pentecostal Fire.[3] In Christian terminology, this is called the *Pentecostal fire* (Acts 2:1-4).[4]

THE INCARNATED SOUL

There are supposedly only 11 chakras. But the book of Revelation mentions the Tree of Life having 12 fruits: ". . . The tree of life, which bears twelve manner of fruits . . . ." *(Revelation 22:2).* Did Saint John the Beloved make a mistake in counting? This is very strange because in traditional kabbalistic teachings there are only 10 sephiroth, plus one hidden sephirah. However, in Pranic Healing and Arhatic Yoga there are 11 major chakras within the body, plus the 12th chakra located outside the body, 12 inches above the head. Therefore, in Pranic Healing and Arhatic Yoga there are also 12 chakras. This is the meaning of the Tree of Life bearing 12 fruits.[5]

It is also mentioned in the Holy Bible, in the book of Revelation, which mentions a great city with 12 gates guarded by 12 angels - "...and had twelve gates, and at the gates twelve angels,..." (Revelation 21:12). It also mentions the Tree of Life having 12 fruits: "…The tree of life, which bare twelve manner of fruits…." (Revelation 22:2). These correspond to the 12 chakras.[6]

From the 12th chakra, the incarnated soul radiates outward, forming the "soul aura." The different bodies (the physical body, the energy body, the astral body and the mental body) are infused with the essence of the soul. This is also called the "Soul Energy." Just as the etheric body interpenetrates the physical body, and it is inside and outside the physical body, likewise, the essence of the soul interpenetrates the physical body; at the same time, it is beyond the physical body. That is why the physical body is actually within the soul, and not the soul within the physical body. The physical body is like a sponge. If you put the sponge in a bathtub filled with water, the water is inside and outside the sponge. In other words, the sponge is inside the water. The physical body, energy body, astral body and lower mental body are all inside the incarnated soul. Therefore, it would be accurate to define a person as "a soul with a physical body," rather than "a physical body with a soul." To express this more accurately, *a person is a soul with a physical body and other subtle bodies*.

Why is the incarnated soul called *The Infinite Light*? To understand this, it is necessary to have a certain degree of inner experience or spiritual

insight. You have to remember who you are. An intellectual comprehension that you are not the body is the first stage in spiritual development. The second stage is experiencing the body "disappearing." In the third stage, the yogi experiences himself as a being of divine flame radiating simultaneously in all directions throughout the inner cosmos. This is why the incarnated soul is called *The Infinite Light*.[7]

Sometimes the consciousness of a spiritual practitioner may keep on expanding, but it may not even reach the limit or the *Ring-pass-not* in one lifetime. There is, of course, a limit to such infinite expansion. Beyond the Ring-pass-not is darkness. As a yogi continues with his spiritual practice, he will expand beyond the darkness. Beyond the darkness is greater light.

In the Christian tradition, the 12th chakra and the incarnated soul are referred to as the *Pentecostal Fire*. It is also called by Saint Paul as the "Holy Spirit."

In the Egyptian tradition the incarnated soul is called *Ba*. In the Hindu tradition, it is called *Jivatma*. *Jiv* means "embodied" while *atma* means "self" or "soul."[8]

In Tibetan Buddhism, the incarnated soul is called the "Buddha nature."[9]

In Taoism, the 12th chakra is called the *spiritual fetus*. The term is used to show that a person's spiritual development is minimal.[10]

Taoist yoga teaches techniques that will accelerate the development of the spiritual fetus or the incarnated soul. This is part of the inner teachings and practices in *Arhatic Yoga*.[11]

THE STAGES OF GROWTH OF THE 12TH CHAKRA

The 12th chakra looks like a point of white light in an ordinary person. When the person becomes spiritually evolved, the point of white light *transforms* into a golden star or golden seed, then into *a golden ball* or *golden bud with flame*. In Christian terminology, this is called the *Pentecostal fire* (Acts 2:1-4). In Kabbalah, the 12th chakra is called *Ain Soph Aur* which means "Infinite Light." This is why some of the highly developed Buddhist or Taoist monks are shown with the golden ball of flame one foot above their head. *(See Fig. 13-3a/b/c/d The stages of growth of the 12th chakra)* When a lama or yogi evolves to a much higher level, the 12th chakra rotates rapidly alternately clockwise and counterclockwise. The

golden bud “blooms” and opens up like a “*small golden lotus flower*.” The image of the golden lotus flower is generated by the interaction of subtle energy moving alternately clockwise and counterclockwise. As the person becomes an arhat or evolves to a higher level, the 12th chakra becomes a bigger golden lotus flower.[12]

The soul, as seen from the point of lower clairvoyance, is spiritual energy which is fluidic in nature. But from the perspective of higher spiritual clairvoyance, the soul is radiatory and is omnipresent within a certain “radius of space.”

Fig. 13-3a The 12th chakra

1st stage: The 12th chakra looks like a point of white light in an ordinary person.

Fig. 13-3b The 12th chakra

2nd stage: The 12th chakra of a person on the spiritual path, clairvoyantly seen as a golden seed of light.

Fig. 13-3c The 12th chakra

3rd stage: In a highly spiritually evolved person, the 12th chakra is seen as a golden ball or golden bud of flame.

Fig. 13-3d The 12th chakra

4rth stage: In a spiritually illuminated person, the 12th chakra is seen as a golden lotus flower.

The development of the soul can be accelerated by practicing the five virtues, doing service, having proper relationships with other people and through regular practice of meditation.[13]

Master Choa Kok Sui felt a great urgency to write the Terma teachings of the Lord Padmasambhava which were never publicly revealed before. Refer to the book *Om Mani Padme Hum* for more information.

MORE ABOUT THE INCARNATED SOUL

When the body sleeps, a large portion of the incarnated soul leaves the physical body and transfers to the emotional or astral body. There is nothing to be afraid about leaving the body because a portion of the incarnated soul is left behind.

Astral travelling is just like changing cars. You can ride a certain car today and the next day use another car. How is it possible that a portion of the incarnated soul can be left behind in the physical body while a large portion can be in the emotional body? You have to think of the soul as spiritual energy that is fluidic. A portion of it can be here and another portion can be there at the same time.

Have you noticed that sometimes you may have dreams in which you are naked? Why? Because the astral body does not have any clothes. But in the inner world, the mind is very powerful. What you think is is. Therefore, if you want to materialize clothes, you can do so instantly! If you want to be super slim, all you have to do is think that you are super slim and you will become slim.

When the body goes to sleep, the incarnated soul transfers from the physical body to the astral body. This is done all the time when a person goes to sleep. There are different signs that show the incarnated soul is transferring to the astral body. Sometimes while sleeping or meditating, the body might feel a strong energy vibration, and simultaneously there may be an inner sound that can be loud at times. These are signs that the soul is about to leave the physical body and transfer into the astral body. One should not panic nor be frightened; just let go. Since a portion of the incarnated soul is left behind, the body is protected.

Some people, in the process of leaving their physical bodies while asleep, would hear a buzzing sound similar to the bees or a jet plane. Others

experience falling to the right or the left side of the bed and suddenly are out of their bodies. A few people, when meditating or sleeping, would sometimes feel a whirling sensation, and would whirl out of their bodies. Sometimes while sleeping, a person would experience swinging to the left and the right, even touching the floor in the process, and then would swing out of the body. These are some of the processes through which the soul leaves the physical body. The idea of the out-of-body experience is not new. St. Paul in 2 Corinthians 12:2-4 tells us, “I know a man in Christ who, fourteen years ago, was caught up to the third heaven. Whether it was in the body or out of the body I do not know - God knows. And I know that this man - whether in the body or apart from the body I do not know, but God knows - was caught up to paradise...”

When the physical body dies, the incarnated soul transfers to the astral body. In Sanskrit, the astral body is called *Kamakosha*. *Kama* means emotions or desire while *Kosha* refers to the body. Kamakosha means the “body of emotions.”[14]

CHAPTER 14

Spreading the Teachings

Path of Knowledge and Understanding
I Am the Soul
Primary Purpose of Spiritual Evolution
Maintaining the Purity of the Teachings
Using Discernment in Choosing a Spiritual Teacher
Validation of Inner Transmission
Higher Clairvoyancy and Lower Clairvoyancy
Spreading the Teachings
Acknowledgement

All truths are easy to understand
once they are discovered;
the point is to discover them.

GALILEO GALILEI
Italian Genius
Mathematician
Physicist
Astronomer

PATH OF KNOWLEDGE AND UNDERSTANDING

Yoga means spiritual oneness. What is spiritual oneness? Spiritual oneness means the incarnated soul is achieving a higher degree of oneness with the higher soul, and a certain degree of oneness with God and oneness with All.

There are many paths to achieving illumination and spiritual oneness. One of the paths is the Yoga of Knowledge and Understanding. This is called Jnana Yoga. This path is the easiest path for those who are mentally developed. By reading this book just once, the spiritual cord will become much bigger. There will be a greater downpour of spiritual energy. The crown chakra and all of the other chakras will become bigger. These effects are temporary. It is necessary to repeatedly read this book, over and over again. A person can rapidly achieve illumination and divine oneness within a short period of time. The time factor may vary from several years to a lifetime. One lifetime is still considered short because other yogis take many incarnations just to achieve this state.

The Yoga of Knowledge and Understanding also requires physical purification and inner purification - character building. Without physical purification, the body may become sick. *Without inner purification, the meditator may become psychologically imba-lanced.* It is also important to generate good karma by doing service and tithing, in order to offset one’s ancient negative karma.[1]

I AM THE SOUL

I AM that I AM
I AM not the body.
I AM not the emotions.
I AM not the thoughts.
I AM not the mind.
The mind is only a subtle
instrument of the Soul.
I AM the Soul.

I AM a spiritual being of
Divine Intelligence,
Divine Love, Divine Power.
I AM one with the Higher Soul;
I AM that I AM.

I AM one with the Divine Spark.
I AM a Child of God.
I AM connected with God.
I AM one with God.
I AM one with All.[2]

PRIMARY PURPOSE OF SPIRITUAL EVOLUTION

Spiritually evolve rapidly not for the sake of pride or spiritual liberation but accelerate your spiritual evolution so that you can be of greater service to others - so that you can become a better divine servant. This should be your primary purpose:

> *Be of service to others to become a humble servant of the Planetary God.*
>
> *To serve. To serve. To serve.*[3]

Service, together with meditation is one of the fastest ways to achieve illumination.

What is the purpose of having big chakras? To do service! When you do service it is like giving your chakras muscles. The greater your service, the greater your spiritual development.

Love is good, but without power nothing happens. Love combined with power manifests as service.

If you want to pay off your negative karma fast, do service and tithing.

Service and tithing are avenues through which the soul manifests itself.

You can grow by "kicking yourself" or you can grow by being hit with the big stick by the Lords of Karma.[4]

MAINTAINING THE PURITY OF THE TEACHINGS

When the teaching is transmitted from the Sat Guru to the disciple, the distortion of the teachings, the degeneration of the teachings is inevitable, due to limited spiritual and intellectual capacity of the disciple.[5] The term, sat guru, means permanent spiritual teacher.[6] From the primary disciple to the secondary disciple to the tertiary disciple, more and more degeneration occurs. The teachings become more and more degenerated.

To maintain the purity of the teachings, the teachings have been inscribed into books by the physical Sat Guru. To maintain the purity of the teachings, study the books of the Sat Guru, not those by the primary

disciples, secondary disciples, or tertiary disciples - for distortion is inevitable as the disciples try to comprehend the teachings. Follow these simple instructions and the teachings will remain pure for the next centuries and possibly even for the next several millenniums. Avoid mental and physical laziness. Read and study the teachings of the physical Sat Guru carefully and thoroughly. Put the teachings into practice.[7]

USING DISCERNMENT IN CHOOSING A SPIRITUAL TEACHER

In this modern world, where information is so accessible through books and through the internet, almost anyone with doubtful qualification can become suddenly a “guru.” This is what is happening in the so called New Age movement. Someone is channeling or receiving “inner transmission” from the Holy Masters, from the Green Tara, and who knows from what other sources.

The Sat Guru, like the disciples and like the masses, is still in the process of evolving and is not perfect. He, like the rest of the people, is still working out certain weaknesses. One does not have to become “perfect” to be a guru or a Sat Guru. One just has to reach a certain level of development. The disciple must practice discernment. One method of discerning is by scanning.

For more information on how to scan, please refer to *Miracles Through Pranic Healing* by the author.

Scanning:

1. Form the intention to scan the teacher.
2. Scan the spiritual energy radiating from the teacher.
3. Scan if there is sufficient spiritual energy.
4. Scan the size of the spiritual cord of the teacher.
5. Scan the size of the crown chakra of the teacher.
6. Scan for pride.
7. Scan for self delusion.
8. Scan for anger and hatred.
9. Scan for malicious intention.

Those who refuse to practice discernment, those who refuse to see will be fooled.

Life is governed by the Law of Change, even the disciples of the Sat Guru will change, sometimes for better, sometimes for worse. Some may fall and degenerate. Always check and recheck. Do not just base your perception on reputation, for everything is subject to change.

Practice discernment, practice intelligent evaluation. From the fruits you shall know the tree.

1. Does the spiritual teacher inflame the disciple towards anger and hatred?
2. Does he or she encourage you to betray and to lie?

One must be on guard. A disciple who refuses to practice discernment, or who does not practice discernment is not reliable - is not trustworthy and therefore cannot be depended on to carry on the spiritual work.[8]

VALIDATION OF INNER TRANSMISSION

Receiving inner transmission is not that easy. The reader must understand “energy of like quality attracts like quality.” A person of less spiritual development with a lot of character flaws will attract doubtful beings or pranksters in the inner world. By the time these pranksters are finished with the person, his or her life is in chaos resulting in multitudes of problems. The people who receive so called inner transmissions in the west are called mediums. Some do channeling.

When MCKS was young, He was very cautious about the teachings derived from inner transmissions. He tried to validate them by using the following methods:

1. By trying to clarify and to understand the teachings, using mental intelligence and intuitive intelligence. Not every person has the mental capacity to understand what is being internally transmitted. As a matter of fact, very few people have the capacity to understand the higher teachings even when they are orally transmitted.
2. By dissecting or analyzing the teachings, and correlating them with what he had learned before.

3. By repeatedly experimenting with Arhatic Yoga on himself and his body for many years.
4. By having the experiments clairvoyantly monitored by his spiritual guides without letting them know their findings were being cross checked.
5. Based on his understanding and experience, the Arhatic Yoga teachings were validated, refined and developed into their present state.
6. Arhatic Yoga has been revalidated through the countless spiritual experiences and the following positive effects on the Arhatic yogis:

a. A much bigger spiritual cord
b. A much bigger crown chakra and other chakras
c. A much bigger aura
d. And refinement of their character

7. This inner transformation has manifested in the transformation of their lives in terms of career, success, money and family relationships.

The process of validation and revalidation took more than twenty years and continues even up to now. Validation of inner transmission is not done in just days. It takes many years.[9]

HIGHER CLAIRVOYANCY AND LOWER CLAIRVOYANCY

Lower clairvoyancy uses the solar plexus chakra. Higher clairvoyancy uses the higher chakras. To be able to see clearly it is important to utilize the higher chakras for inner seeing and to have a very clean aura. *If the aura is dirty then the inner vision is worse than that of a person having cataracts*. In this case, the inner vision is distorted by the thought forms and negative emotions within the aura.

The auras of both those who practice higher and lower clairvoyancy are usually dirty unless they have practiced regularly to clean their auras. The auras of the lower clairvoyants in most cases are not sufficiently clean. Therefore, the findings of these lower clairvoyants are usually very unreliable. Although there are hundreds of thousands of clairvoyants, these

people have not substantially contributed to the science of healing or to any sciences for the reasons stated above.

There are very few clairvoyants who specialize in the anatomy of the energy body of a person. There are very few clairvoyants who specialize in the anatomy of the energy body of the earth. Some of the future findings should preferably not be revealed publicly. History proves that scientific findings tend to be misused for destructive purposes.

What we call “clairvoyants” are usually psychic readers or clairvoyants who read for personal matters. Some of them are good but many of them are not that reliable. One has to use discernment. Just because the clairvoyant is right in one instance does not mean they will be right most of the time.

A clairvoyant consultant who is guided by the higher beings is probably 70% to 80% accurate, maybe even slightly higher. The reader must remember that what the future will be to a substantial degree is also dependent on individual decision.

In some instances, clairvoyant consultants may have cracks in their protective webs and may have a lot of pride. In these cases they attract pranksters or small negative beings - elementals from the inner world.

Some of these pranksters may claim to be holy masters or arhats, the Lord Jesus, the Blessed Virgin Mary or other great spiritual beings. Such advice or readings create chaos in the lives of their clients. To give up one’s intellectual faculty and free will or to blindly follow the advices of so called clairvoyant readers is not a smart thing to do.

Practice discernment. Scan the following:

1. The spiritual energy and the spiritual cord of the clairvoyant
2. The degree of cleanliness or dirtiness of the aura of the clairvoyant
3. Guidance from the higher beings
4. Scan for the presence of pranksters or small negative beings who misguide
5. Scan for thought forms of preconceived ideas
6. Scan the skill of the clairvoyant reader

There are a few good clairvoyant readers. They are not that easy to find. They can be as accurate as 70% to 90%. Their accuracy also depends on

their moods. If they are in the right mood then they are more accurate. If they are psychologically not stable, then the reading is not reliable. Some good clairvoyant readers are very sensitive. Therefore, their moods can easily change. This is not in all cases, just in some cases. Another issue that has to be considered is the interpretation of what has been seen. An example: About five pages of printed material were given to a good clairvoyant reader to hold. She started to become dizzy. She said she saw the planets and the sun, that the energy was overwhelming, and she fell to the floor. She could not understand what she was seeing. Later, it was explained to this good clairvoyant reader that what she was sensing was the testimonial of an Arhatic yogi who had received a shaktipat or spiritual empowerment from MCKS - in order to clairvoyantly see the Great Spiritual Being within the sun. *Seeing is not necessarily understanding. Please remember this*.[10]

The Sat Guru can only point to the right direction. The disciples must tread the spiritual path. The Sat Guru may teach about inner purification or character building but cannot force the disciple to practice it. This is the root of the problems. Practice and master inner purification or character building to insure your spiritual progress.[11]

SPREADING THE TEACHINGS

MCKS established the Institute for Inner Studies, Incorporated in Quezon City, Philippines on 27 April 1987. In late 1987, the book, *The Ancient Science and Art of Pranic Healing* finally came out. The purpose of the Institute was to spread Pranic Healing, Arhatic Yoga, the inner teachings and practices globally.

The main purpose was to alleviate the suffering of the people by complementing allopathic medicine with Pranic Energy Healing. Modern Pranic Healing is not intended to replace allopathic medicine. *Patients are encouraged to receive proper medications and/ or medical treatment*. It must be clearly stated that MCKS visits medical doctors and dentists regularly.

The World Pranic Healing Foundation was established on 23 July 1990. Its purpose was to spread Modern Pranic Healing in developing countries

and in poorer areas. It had a humble beginning with only one table and a chair, shared by six staff members.[12]

ACKNOWLEDGEMENT

It would be too voluminous to include all of the names of the hundreds of board of trustees and directors, or the thousands of volunteers, supporters, and Pranic Healing instructors. To all of these people of *goodwill with the will to do good*, your dedicated service and kindness are recognized and deeply appreciated.[13]

Peace be with you.

God’s Blessings be with you
and your family.

Blessings of the
Lord Mahaguruji Mei Ling
and all the Great Ones
be with all of you.

Master Choa Kok Sui

Appendices

A. Master Choa Kok Sui Audio and Video CDs

B. Master Choa Kok Sui Courses[SM]

C. Global Coordinating Centers

D. Pranic Healing International Addresses

Master Choa Kok Sui Audio and Video CDs

Meditation on Twin Hearts for Peace and Illumination

Meditation on Twin Hearts with Self-Pranic Healing

Meditation on Twin Hearts for Psychological Health and Well-Being

Meditation on the Soul

Meditation on Loving-Kindness

Wesak Festival Meditation

Amen

Om: The Sound of Stillness

Om Shanti

Om Mani Padme Hum
The Mantra of Compassion and Mercy

Meditation on the Lord's Prayer:
Universal and Kabbalistic Versions

Inner Purification
The Blue Triangle Technique

Om Namo Rama Om

Gayatri Mantra

Lakshmi Gayatri Mantra

Om Namah Shivaya Om

Arhatic Yoga Kundalini Meditation:
Meditation on the Inner Breath
(for Arhatic Yogis only)

Arhatic Dhyan
(for Arhatic Yogis only)

Arhatic Sadhana
for Arhatic Yoga Meditation Centers

The Existence of God is Self-Evident
(Audio Book)

Meditation on Twin Hearts
(Video)

Master Choa Kok Sui Courses℠

1. Basic Pranic Healing
2. Advanced Pranic Healing
3. Pranic Psychotherapy
4. Pranic Crystal Healing
5. Pranic Self-Healing
6. Practical Psychic Self-Defense
7. Kriyashakti for Prosperity and Success
8. Pranic Feng Shui
9. Spiritual Essence of Man
10. Achieving Oneness with the Higher Soul
11. Universal and Kabbalistic Chakra Meditation on the Lord's Prayer
12. Arhatic Yoga
13. Arhatic Sexual Alchemy
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About the Author

MASTER CHOA KOK SUI was the founder of Modern Pranic Healing and Arhatic Yoga. He became a yogi when he was still in his early teens. His relentless search for spiritual truths beyond the accepted realities, balanced with a degree in Chemical Engineering, has led thousands worldwide to experience the benefits of Pranic Healing, Arhatic Yoga, Higher Clairvoyance, Spiritual Business Management, and other esoteric teachings and practices. He was an international lecturer and author whose simple, straightforward style disclosed the powerful magnitude of the energy healing techniqeues he taught. To date, he has authored more than 20 books that are read in over 80 countries. The first book of the series, Miracles Through Pranic Healing, is published in more than 30 languages.

He had founded numerous foundations and projects for the poor, sick, orphaned, jobless, homeless, and the needy as a manifestation of his loving-

kindness and generosity. He also founded the Institute for Inner Studies, and the World Pranic Healing Foundation with the intention to propagate his teachings to benefit the whole world.

About the Publisher

The Institute for Inner Studies Publishing Foundation, Inc. (IISPFI) was established in 2004 by Master Choa Kok Sui together with his four children to ensure that his books and materials are published and distributed even after he has passed away.

IISPFI prints, reproduces, markets and distributes around the world all materials athoured, written, and developed by Master Choa Kok Sui in the form of books, pamphlets, brochures, posters, compact discs, and other media.

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The direct beneficiaries of all the products of IISPFI are the general public, the sick, and ailing members of society being served by the different meditation and healing centers around the world.

ENDNOTES

1. Illustrations of the body parts and internal organs may not be physiologically accurate but are rendered to help visualize their relationship to each chakra.

2. Earlyne Chaney, *Initiation in the Great Pyramid* (California: Samuel Weiser, 1987), p. 212.

3. Plasmas consist of freely moving charged particles i.e. electrons and ions. Formed at high temperatures when electrons are stopped from neutral atoms. Plasmas are common in nature. For instance, stars are predominantly plasma. Plasmas are the "Fourth State of Matter" because of their unique physical properties, distinct from solids, liquids and gases. Plasma densities and temperatures vary widely.

Reference: Fusion energy education http://FusEdWeb.llnl.gov/CPEP/
Lawrence Livermore National Laboratory Princeton Plasma Physics Laboratory

4. The job of the astronomers is to scientifically prove or disprove what Master Choa Kok Sui has written. According to Master Choa Kok Sui, "Energy planets also exist without the corresponding physical form."

5. The pronoun "he/his" are used in this book as general terms referring to both men and women.

6. In Chinese acupuncture, GV pertains to the *Governor Channel or Governor Vessel*, while CV pertains to the *Conception Channel or Conception Vessel*.

7. In Chinese acupuncture, GV pertains to the *Governor Channel or Governor Vessel*, while CV pertains to the *Conception Channel or Conception Vessel*.

8. Except for procreation purpose.

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